

KINESIOLOGY (Final Examination)

1. Upon what is effective teaching in physical education based? State in one sentence.

Answer: Upon competent teaching of the motor skills.

2. Discuss briefly the universality of movement.

Answer: All living organisms have movement. Even the lower animals sense that movement draws attention and are always quick to detect the slightest movement near them - especially if danger is near. Many will freeze into immobility at the slightest hint of danger. Movement is a sign of life, and animals instinctively come to dead stops or move slowly and cautiously when confronted with danger.

The success of a magician or sleight-of-hand performer depends largely upon the application of these generally known instinctive principles of movement which are frequently overlooked by humans. While one hand of a magician deftly and inconspicuously performs the crucial part of the trick, the other hand engages very actively and with much movement in a manipulation which leads the observer astray.

Man thinks in terms of movement. A study of the art of primitive peoples shows that it deals largely with activity -- participants in war, sports, or routine occupations. Seldom do we find figures in passive attitudes. Even the gods, in art forms, are depicted as coming down from Olympus and taking part in man's activities. In carving, sculpture, drawings, and literature, both man and animals are depicted as active creatures.

3. Discuss briefly the history of the science of kinesiology.

Answer: From earliest times scientists made efforts to analyze human motion. The Greek scientists believed in the unity of body and mind. They interpreted man's activity as mechanistic, in accordance with their materialistic interpretation of the universe. Hippocrates recognized physiological benefits derived from such commonplace activities as walking. He wrote that walking