

### Test 1 Study Guide: Essay Questions

There will be four of the questions presented below on your first exam. You will not be given a choice of questions to answer — you must answer all that are asked. I suggest you prepare sample answers for all of the questions. You are allowed to work together on this study guide — I even encourage it. However, make sure the answers you provide on the exam are in your words.

1. List the sources of Kinesiological knowledge. Briefly describe how each is acquired.
2. Describe five aspects of the active body. Link each to the anatomical structures, physiological system, or source of activity it provides.
3. Define and briefly describe four spheres of physical activity experience.
4. Outline the three spheres of scholarly study of physical activity. Name and briefly describe two domains of study within each sphere.
5. Pick a sphere of professional practice centered in physical activity. Provide two statements that relate to developing expertise in that sphere.
6. State and briefly discuss four risk — reduction objectives of Healthy People 2010 from area 22. Physical Activity and Fitness. The objectives can be found at the following web site:  
<http://www.healthypeople.gov/document/word/Volume2/22Physical.doc>.
7. Describe the principles of quality and quantity of Physical Activity. Discuss the importance of centering on the correct critical components and the relationship to Health Related Fitness to the principles.
8. Name and define three components that are associated with both motor performance and health related fitness. Name and define one component of motor performance alone as well as one component of health related physical fitness alone.
9. Pick a sport. Describe the skill within the sport that is closed or most closed. Describe the skill within the sport that is open or most open. Be sure to identify at least 3 aspect of each skill that cause it to be open or closed.
10. List and define the 6 attitudes toward physical activity presented in Chapter 4. Give an example of an activity that could evoke each attitude.

11. Define ADL s, IADL s and Home Maintenance Activities. Give 2 examples of each.
12. Describe four characteristics of a physically educated person. Develop a plan to improve these in a personal program.
13. What does the element of competition add to physical activity? Differentiate between inter individual and intra individual competition. What could cause each type to be harmful?
14. Discuss three factors that influence the quality and quantity of a person s physical activity experiences. Include at least two elements for each factor.
15. Define practice and training. Describe three differences between them.
16. Define skill and ability. Describe how the two are related to performances by an over achiever and an underachiever?
17. Define theory as it was presented in class. Briefly describe your theory of the natural athlete using the elements of the class definition as a basis.
18. Name and define four methods of acquiring knowledge.