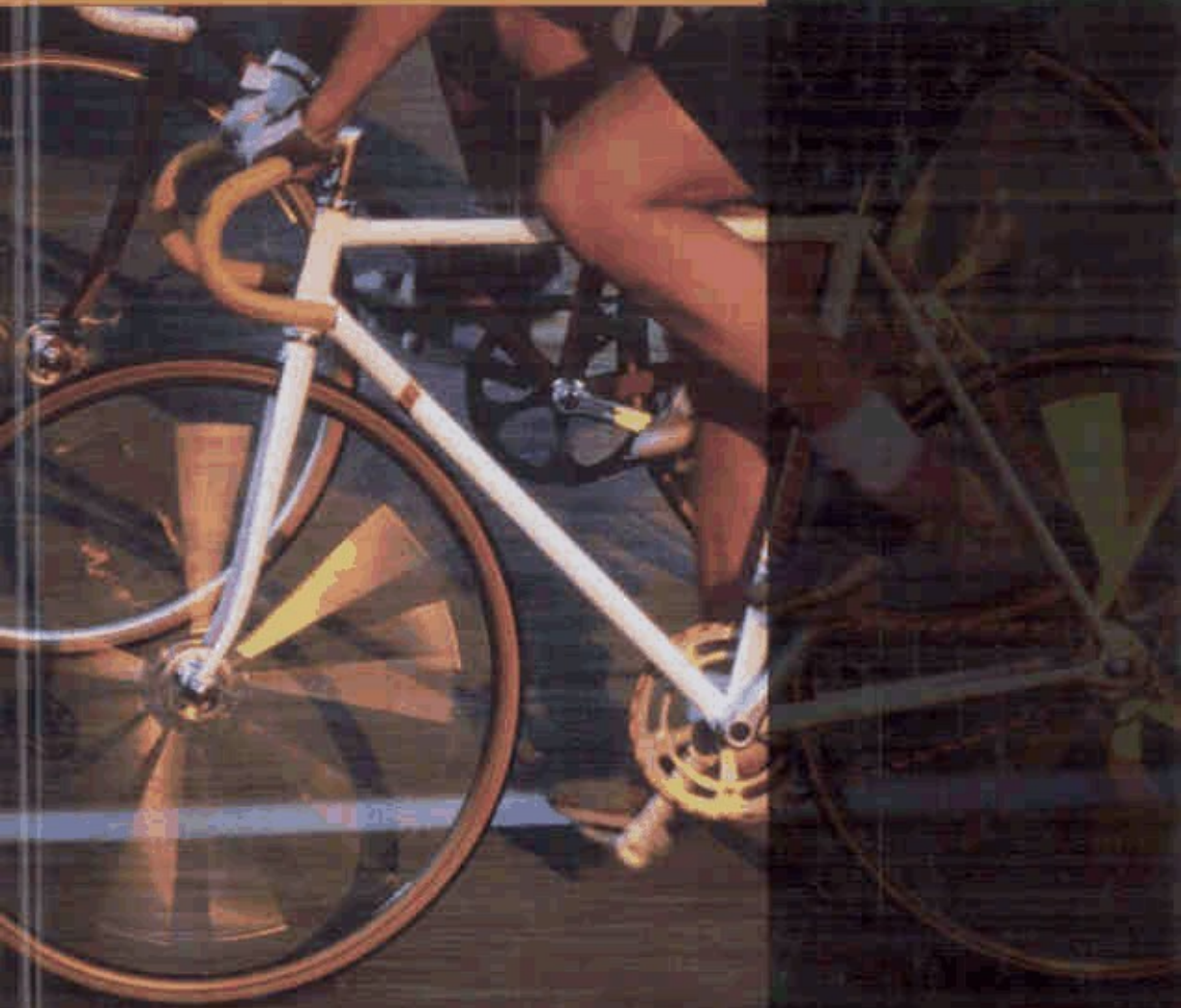


INTRODUCTION TO
PHYSICAL EDUCATION,
EXERCISE SCIENCE,
AND SPORT STUDIES

ANGELA LUMPKIN

SEVENTH EDITION



Contents

PREFACE xi

UNIT ONE

PRINCIPLES AND SCOPE OF PHYSICAL EDUCATION, EXERCISE SCIENCE, AND SPORT STUDIES

CHAPTER 1	PHYSICAL EDUCATION, EXERCISE SCIENCE, AND SPORT STUDIES—DYNAMIC FIELDS	2
	The Dynamic Fields of Human Movement	3
	Quality of Life	6
	Importance of Physical Activity	11
	Purpose	16
	Objectives of Physical Education, Exercise Science, and Sport Programs	21
	Physical Activity, You, and Your Future	28
	Summary	34
	CAREER PERSPECTIVE: <i>Jim Whittaker</i>	37
CHAPTER 2	EXERCISE AND SPORT SCIENCES	41
	What Is an Academic Discipline?	41
	The Discipline-Profession Debate	42
	The Scientific Foundation of the Exercise and Sport Sciences	43
	Exercise Physiology	45
	Athletic Training	48
	Motor Control and Learning	50
	Motor Development	53
	Sport Biomechanics	55
	Sport History	57
	Sport Management	57
	Sport Philosophy	60
	Sport and Exercise Psychology	62
	Sport Sociology	63

	Summary	70
	CAREER PERSPECTIVE: <i>René Revis Shingles</i>	71
CHAPTER 3	THE PROFESSION OF PHYSICAL EDUCATION, EXERCISE SCIENCE, AND SPORT STUDIES	75
	Physical Education as a Profession	76
	Pedagogy	76
	Adapted Physical Education	79
	American Alliance for Health, Physical Education, Recreation and Dance	82
	Specialized Professional Organizations	85
	Undergraduate Specializations	91
	Summary	100
	CAREER PERSPECTIVE: <i>Shirley Ann Holt/Hale</i>	101
CHAPTER 4	PHILOSOPHY OF PHYSICAL EDUCATION, EXERCISE SCIENCE, AND SPORT	105
	Why Study Philosophy?	106
	Five Traditional Philosophies	108
	Ethics	119
	Developing a Personal Philosophy of Physical Education, Exercise Science, and Sport	126
	Summary	132
	CAREER PERSPECTIVE: <i>Sharon Kay Stoll</i>	133
CHAPTER 5	SELECTING A CAREER	137
	Factors Influencing Career Choices	138
	Teaching	142
	Fitness, Exercise, and Sport Science	149
	Leisure Services	151
	Athletic Training and Physical Therapy	153
	Athletics	154
	Sport Management	162
	Sport Marketing and Promotions	163
	Sport Communication	166
	Other Related Careers	166
	Summary	169
	CAREER PERSPECTIVE: <i>Kelly Eckols</i>	170

CHAPTER 6	PREPARATION FOR A CAREER	174
	The Challenge	175
	Educational Background	177
	Related Experiences	179
	Beginning Your Career Involvement	184
	Graduate Education	190
	Gaining Experience	193
	Summary	198
	CAREER PERSPECTIVE: <i>Marty Pomerantz</i>	200

UNIT TWO

HISTORY AND DEVELOPMENT OF PHYSICAL EDUCATION, EXERCISE SCIENCE, AND SPORT

CHAPTER 7	SPORT IN THE ANCIENT WORLD AND OUR EUROPEAN HERITAGE	206
	Early Cultures	207
	The Homeric Greeks (Before 776 B.C.)	209
	The Spartans (776 B.C. to 371 B.C.)	209
	The Early Athenians (776 B.C. to 480 B.C.)	210
	The Late Athenians (480 B.C. to 338 B.C.)	212
	The Pan-Hellenic Festivals (776 B.C. to A.D. 400)	213
	The Roman Republic (500 B.C. to 27 B.C.)	218
	The Roman Empire (27 B.C. to A.D. 476)	220
	Medieval Europe (500 to 1500)	222
	The Renaissance and the Reformation (1450 to 1650)	223
	The Age of Enlightenment (1700s)	224
	Educational Protagonists (1400s to 1800s)	225
	Naturalism (1770 to 1830)	227
	Nationalism (1800s)	228
	Sports in Great Britain (1800s)	231
	Summary	237
	CAREER PERSPECTIVE: <i>Julie A. Del Giorno</i>	238
CHAPTER 8	EARLY AMERICAN PHYSICAL EDUCATION AND SPORT	242
	Physical Activities in the Colonies	243
	Early German Gymnastics in the United States	246

Early Americans Who Influenced Physical Education Programs	248
Early Swedish Gymnastics in the United States	253
The Battle of the Systems	253
Establishment of Normal Schools for Physical Education	256
Founding of the National Association	259
Promotion of Play for Children	261
Development of Amateur Sports	261
Collegiate Sports for Men	264
Collegiate Sports for Women	266
Summary	267
CAREER PERSPECTIVE: <i>Ron M. Lang</i>	268

CHAPTER 9

TWENTIETH-CENTURY PHYSICAL EDUCATION, EXERCISE SCIENCE, AND SPORT	272
The New Physical Education	273
Leaders in the New Physical Education	274
Major Developments in Physical Education and Exercise Science	276
Leadership from the National Association	283
Teacher Preparation	285
Amateur and Collegiate Sports	286
Play to Recreation to Fitness	297
Federal Legislation	304
Summary	309
CAREER PERSPECTIVE: <i>Mike Barwis</i>	313

UNIT THREE
**THE CHANGING NATURE OF PHYSICAL EDUCATION,
EXERCISE SCIENCE, AND SPORT**
CHAPTER 10

OPPORTUNITIES AND CHALLENGES IN PHYSICAL EDUCATION AND EXERCISE SCIENCE	318
The Value of Physical Activity for Everyone	319
Commercialization of Physical Fitness	324
Recreation and Leisure Services	325
Exercise Science	328
Generalists Replaced by Specialists	330

Proliferation of Research	331
Elementary School Programs	335
Middle School Programs	338
Secondary School Programs	338
Challenges Facing Physical Educators	340
Changes in Licensure Requirements	345
Accreditation	346
Accountability	347
Legal Liability	352
Career Burnout	357
Summary	359
CAREER PERSPECTIVE: <i>Kathie Davis</i>	361

CHAPTER 11	ISSUES IN SPORTS	366
	Girls and Women in Sports	371
	Equality for Ethnic Minorities	375
	Equality for Senior Citizens	379
	Equality for Individuals with Special Needs	380
	Youth Sports	381
	Interscholastic Sports	385
	Intercollegiate Athletics	388
	International Sports	394
	Summary	398
	CAREER PERSPECTIVE: <i>Michael DeLong</i>	400

CHAPTER 12	LIVING ACTIVELY IN THE TWENTY-FIRST CENTURY	405
	Introductory Scenario—Living in 2050	405
	Leadership in Physical Education, Exercise Science, and Sport	407
	Changes and Challenges in the Twenty-First Century	410
	Changing Identity—From Physical Education to Exercise Science and Sport Studies	415
	Promoting Physical Activity	417
	Physical Activity throughout Life	419
	Scenario II—Living in 2050	422
	Summary	423
	CAREER PERSPECTIVE: <i>Winifred Warren LaForce</i>	424

APPENDIX A	SELECTED PHYSICAL EDUCATION, EXERCISE SCIENCE, AND SPORT JOURNALS	428
APPENDIX B	CERTIFYING ORGANIZATIONS	435
GLOSSARY		436
CREDITS		443
INDEX		445