Preface		xvii
Part I	Defining the Field	1
CHAPTER 1	What Is Our Field?  "Our Field": A Term to Represent a Broad Range of Interests 3 Physical Education: A Broad Field of Interests 4 Definitions of Physical Education 4 The Unity of Body and Mind 6 Historical Terms for Physical Education 6 The Relationship of Physical Education to Play and Sport 7 Allied Areas: Health Education, Recreation, and Dance 8 The Call for a Discipline of Physical Education 9 The Field as a Profession 10 Physical Education as a Legitimate Scholarly Field 11 The Field as a Discipline 12 The Struggle to Define the Focus of the Discipline 14 Defining the Theoretical Base 14 Suggested Names for Academic Physical Education and Sport 15 Formalizing the Subdisciplines 17 Sport: The First Focus of an Emerging Discipline 18 Sport as a Legitimate Scholarly Field 22 The Proclamation of Kinesiology by the Research Universities 23 The Field of Kinesiology: A Return to Holistic Physical Education? 23 Concerns About Our Field as a Science 27 Exercise Science and Kinesiology Today: Questions Remain 28 Kinesiology: Unifying the Field or Abandoning It? 30 Our Field: No Consensus on a Defining Name 31 Summary 31 Further Readings 32 Discussion Questions 33 References 34	3
CHAPTER 2	The Academic Foundations of Exercise Science and Kinesiology  Current Academic Focuses in Our Field 39  Sport History 43  Focus 43  Method of Research 43  Research Outlets and Sources of Information 45	39

Part II

Sport Philosophy 45	
Focus 45	
Major Topics of Study 46	
Method of Research 46	
Research Outlets and Sources of Information	48
The Sport Humanities 48	
Focus 48	
Major Topics of Study 49	
Method of Research 49	
Research Outlets and Sources of Information	49
Sport Sociology 50	
Focus 50	
Major Topics of Study 50	
Method of Research 51	
Research Outlets and Sources of Information	52
Sport Psychology 53	
Focus 53	
Major Topics of Study 53	
Method of Research 54	
Research Outlets and Sources of Information	55
Motor Behavior 55	
Focus 55	
Major Topics of Study 56	
Method of Research 57	
Research Outlets and Sources of Information	57
Biomechanics 57	
Focus 57	
Major Topics of Study 57	
Method of Research 58	
Research Outlets and Sources of Information	60
Exercise Physiology 60	
Focus 60	
Major Topics of Study 60	
Method of Research 61	
Research Outlets and Sources of Information	61
Movement Pedagogy 62	
Focus 62	
Major Topics of Study 63	
Method of Research 63	63
Research Outlets and Sources of Information	63
Summary 64	
Further Readings 64	
Discussion Questions 65	
References 66	

## Our Cultural Heritage in History **CHAPTER 3** Physical Education and Sport in the Ancient World

71

69

Primitive Times and Survival Sport 71 Before the Greeks 74

Ancient China 74 Ancient India 75 Ancient Egypt 76 The Ancient Middle East 76 Ancient Greece: The Golden Age of Pure Physical Education and Spot Spartan Education 78 Athenian Education 79 The Greeks and the Leisure Ideal 80 Greek Athletic Games and Contests 80 The Question of Amateur and Professional Athletics in Greece 8 Greek Physical Education and Sport Revisited 85 The Greeks and Modern Society 85 The Age of Utility and Spectators: The Roman Empire 86 Roman Education and Physical Education 86 Roman Sport 87 Summary 89 Further Readings 90 Discussion Questions 91 References 91	rt 77
Physical Education and Sport in Medieval and	
Early Modern Europe	93
Medieval Society and Physical Education 93 Medieval Sport: Source of the Sport Dichotomy? 97 Knight Sports: The Haves 97 Middle-Class and Lower-Class Sport: The Have-Nots 97 Physical Education in the Renaissance and Reformation 99 Renaissance Sport 101 Seventeenth-Century European Physical Education and Sport 102 Education and Physical Education in the 1600s 102 Sport and the Puritans 105 Eighteenth-Century European Physical Education and Sport 106 Education and Physical Education in the 1700s 106 The Seeds of Modern Sport 110 Nineteenth-Century European Physical Education and Sport 111 Summary 113 Further Readings 114 Discussion Questions 115 References 115	
The Development of American Physical Education	
to 1941	119
Physical Education in Colonial America (1607–1783) 119 Physical Education in the Early National Period (1783–1820) 121 Antebellum Physical Education in the United States (1820–1860) 1 The Professionalization of American Physical Education (1860–1900 The Turner School 127 Development of Other Schools and Systems 128 The Physical Education Requirement 129 The Move Toward Professional Organization 129	

The Rise of Scientific Research on Human Performance 131 American Physical Education at the Turn of the Century (1900) 13. The Uneasy Joining of Physical Education and Sport (1900–1941) 133 The Move Toward a Unified American System 134 The New Physical Education (1922–1930) 135 Expanding Program Options (1900–1930) 136 The American Melting Pot and Better Babies Through Eugenics: Social Prejudices in Action 136 Effects of the Great Depression (1930–1941) 137 Summary 138 Further Readings 139
Discussion Questions 140
References 141
The Rise of Modern Sport in the United States and
England to 1941 14
Social Sport in Colonial and Early National America (1607–1860) 14. The Characteristics of Modern Sport 145
Secularism 146
Equality 146 Specialization 147
Rationalization 147
Bureaucracy 148
Quantification 148
Records 148
The Birth of Modern Sport in England and Europe 150
The Sport Dichotomy Continues 151
Sport as a Moral Virtue 151
Muscular Christianity 152
The Birth of Modern Organized Sport 153
The Phoenix Arises: The Rebirth of the Olympic Games 154
The Rise of Organized Sport in the United States (1850–1905) 155
American Sport at the Turn of the Century (1900) 158
Women in Sport 158
African Americans in Sport 159
The Organization of Modern Sport 159
Students Lose Control of School Sport (1880–1922) 160
The Stabilization of Modern Sport 161
Complete School Control of Sport (1905–1922) 161
The Golden Age of Sport (1920s) 162
Conflicts in Depression-Era Sport 163
Science for Better or Worse: Measurement, Racism, Eugenics,
and Striving for Perfection 164
The Nazi Olympics and the New World Sport Order: Politics and Promotion 166
Summary 167 Further Readings 168
Discussion Questions 169
References 170

CHAPTER 7	American Physical Education and Sport from	
	1941 to Today	173
	Fitness and Sport in War and Peace (1941–1963) 173	
	Physical Education: From a Teaching Field to a Science 176	
	The Discipline Movement 176	
	Changes in Teacher and Coach Education 177	
	New Challenges for America's Fitness and Health 177	
	Legislation and Performance: Standards and Testing 179	
	The Kinesiology Movement and the Name Game 179	
	Sport Opens Its Doors 179	
	General Changes in Sport (1963–1984) 179	
	The Integration of School Sports: All Races Are Welcome 180	
	Title IX and Sports: Okay, We'll Let the Women Play, Too 181	
	The Death of Amateurism in Sport 182 Youth Sport as Pre-Collegiate and Pre-Olympic Sport 182	
	High School Sport: The College Farm System 183	
	I Play for Basketball Academy 183	
	Collegiate Sport and the NCAA Cartel 184	
	Olympic Sport Becomes Professional 184	
	Today's World Sport: The Name of the Game Is Money 185	
	The Impact of Media and Technology on Sport 185	
	24/7 Sports and Getting the Betting Line 187	
	The Body Dynamic: Creating the Competitive Human, or Sport,	
	Entertainment, and the Artificial Body 187	
	Doping and Today's Sport 189	
	The Growth of the Worldwide Sporting Event 190	
	Our Field Today 190	
	Summary 191	
	Further Readings 192	
	Discussion Questions 193	
	References 194	
Part III	Our Cultural Heritage in Philosophy	197
CHAPTER 8	Philosophy in Exercise Science and Sport	199
	What Is Philosophy? 199	
	The Branches of Philosophy 200	
	The Questions of Philosophy 201	
	Issues in Sport Philosophy 203	
	The Nature of Sport 203 Sport and Metaphysical Speculation 203	
	The Body and Being 204	
	Sport as a Meaningful Experience 204	
	Sport Versus Physical Education:	
	Philosophical Conflicts 205	
	Sport and Aesthetics 206	
	Sport and Values 206	
	The Concept of Fair Play and Sportsmanship 206	

Contemporary Philosophies of Our Field 207 Naturalism 207 Idealism 207 Realism 208 Pragmatism 209 Existentialism 209	
Humanistic Approach to Education 211 Eclectic Approach to Philosophy 211	
Doing Philosophy in Our Field 211	
Why Have a Personal Philosophy? 211	
The Levels of Discussion 212 The Hierarchy of Philosophical Ideas 213	
Thought and the Philosophical Process 214	
The Philosopher's Basic Questions 214	
How Do We Apply Philosophy in Our Field? 216	
Summary 218	
Further Readings 218	
Discussion Questions 220	
References 220	
Ethics and Problems in Exercise Science,	
Physical Education, and Sport	223
Problems in Exercise Science, Physical Education,	243
and Sport Today 224	
Abuses of Sport 225	
Overemphasis on School Sports 226	
Overemphasis on Competitive Sports in Physical Education 22	7
Relationship Between Physical Education and Sport 227	
Is Sportsmanship Dead? 227 How Does Ethics Relate to Exercise Science, Physical Education,	
and Sport? 230	
Should Ethics and Values Be Taught in Physical	
Education and Sport? 231	
How Do We Teach Ethics and Values? 231	
The Ethic of Big-Time Sport, or Why Sport Has a Poor Reputation	231
The Supreme Importance of Victory 232	
The Drug Culture of Sport 233	
Poor Sportsmanship 233 Lack of Joy in Sport 234	
The Place of Education in Sport (Dead Last) 235	
Sports as Money 235	
The Nutcracker Reflex 236	
Why the Coach Gets No Respect 236	
What Ethical Values Should We Teach? 237	
Justice and Equality 237	
Self-Respect 237  Respect and Consideration for Others 238	
Respect and Consideration for Others 238 Respect for Rules and Authority 239	
A Sense of Perspective or Relative Values 239	
or respective of resulting ranges 20%	

Toward an Ethical Future 240 Summary 241 Further Readings 241 Discussion Questions 242 References 243

## Part IV Careers for the Future: Where Do You Go from Here? 247

## CHAPTER 10 Preparing for a Twenty-First-Century Career

249

Developing the Knowledge and Skills for Success Success Follows Preparation and Opportunity 249

Success Follows Preparation and Opportunity 24

Success Results from the Right Habits 251

Success Results from the Long-Term Building of Your Knowledge 252

Success Results from the Development of Expertise 253

Developing the Basic Traits of Success 254

Broad Knowledge Base (Cultural Literacy) 255

Communications Skills 255

Technical Skills 257

Research Skills 257

Job-Hunting Skills 257

Health and Fitness 258

Focus 258

Summary 260

Further Readings 260

Discussion Questions 261

References 261

## CHAPTER 11 Traditional Careers in Physical Education and Sport 263

The Meaning of Professional 263

Becoming an Involved Professional: Development and

Responsibilities 264

School Selection 265

Developing and Using a Personal Professional Library 265

Professional Preparation 265

Professional Membership 266

Professional Meetings 266

Research and Writing 267

Teaching 267

Commitment 267

Pride 267

What Are the Components of Professional Preparation? 268

What Is the Job Situation in Physical Education? 268

Teaching as a Career: Pros and Cons 269

Positive Aspects of Teaching 269

Negative Aspects of Teaching 270

To Teach or Not to Teach 270

Basic Qualities of the Successful Teacher 271

Teaching Personality and Interests 271

Strong Educational Background 271

Health and Physical Skills 271 Intellectual Ability 271 Types of Teaching Jobs 272 Physical Education 272 Health Education 273 Recreation 273 Coaching 273 Safety Education 273 Dance 274 The Need for Specialists 274 The Future of Teaching Jobs 276 Summary 276 Further Readings 277 Discussion Questions 278 References 278 Careers in Sport, Exercise Science, and Kinesiology 279 Careers in Sport 279 College Athletic Administration 279 Equipment Managers 281 Facility Management 281 Sport Finance 282 Sport Marketing 282 Scouts 282 Sports Camp Director 282 Sports Information 282 Sports Journalism and Broadcast Media 283 Sports Officiating 283 Sports Statistician 283 Professional Athlete 283 Careers in Sport Business 283 Sport Management 284 Sport Marketing and Sales 284 Sport Financial Operations Sport Facility Management Motor Sports Management 284 Concessions Operations 284 Careers in Sport and Leisure Services Entrepreneurship and Consulting 285 Sports Consultant 286 Athletic Scholarship Placement Services 286 After School Sport Businesses 286 Sports Agents 286 Sports Event Management 287 Sport Facility Design and Construction 287 Sport Manufacturing and Production 287 Sport Marketing Services 287 Sport Product and Service Research and Development 287 Sport Product Design 287 Sport Photography 288

Sport Media Productions 288	
Sport Publishing 288	
Sporting Goods 288	
Biomechanical Evaluation and Equipment Design 289	
Exercise Physiological Testing and Equipment Design 289	
Software Design for Training and Evaluation Systems 289	
Software Design for Sports Gaming Systems 289	
Careers in Recreational Areas 289	
Sports Club Management 290	
Aquatics Management 290	200
Tennis Club Management and Professional Golf Management	290
Teaching Professional 291	
Careers in Exercise Science 292	
ACSM-Certified Occupations 292	
Research: Basic and Applied 292	
Physical Fitness Industry 293	
Careers in Kinesiology 293	
Medical Doctors and Physician Assistants 294 Rehabilitation and Injury Prevention 294	
Rehabilitation and Injury Prevention 294  Health Education and Services 296	
Theory Meets Practice: Student Internships 296	
The Future of Sport Careers 296	
Summary 297	
Further Readings 297	
Discussion Questions 298	
References /98	
References 298	
Today and Tomorrow: Where Are Exercise	
	299
Today and Tomorrow: Where Are Exercise Science and Sport Going?	
Today and Tomorrow: Where Are Exercise Science and Sport Going? International Exercise Science and Sport Today	<b>299</b> 301
Today and Tomorrow: Where Are Exercise Science and Sport Going? International Exercise Science and Sport Today Why Study Comparative Physical Education? 301	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today Why Study Comparative Physical Education? 301 Assumptions of Comparative Education Studies 302	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today Why Study Comparative Physical Education? 301 Assumptions of Comparative Education Studies 302 Problems of Adopting Western Educational Patterns 303	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today  Why Study Comparative Physical Education? 301  Assumptions of Comparative Fducation Studies 302  Problems of Adopting Western Educational Patterns 303  The Contribution to International Understanding 303	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today  Why Study Comparative Physical Education? 301  Assumptions of Comparative Fducation Studies 302  Problems of Adopting Western Educational Patterns 303  The Contribution to International Understanding 303  Orientations of Physical Education Programs 305	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today  Why Study Comparative Physical Education? 301  Assumptions of Comparative Education Studies 302  Problems of Adopting Western Educational Patterns 303  The Contribution to International Understanding 303  Orientations of Physical Education Programs 305  AEHESIS: European Sport Science Seeks Common	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today  Why Study Comparative Physical Education? 301  Assumptions of Comparative Fducation Studies 302  Problems of Adopting Western Educational Patterns 303  The Contribution to International Understanding 303  Orientations of Physical Education Programs 305  AEHESIS: European Sport Science Seeks Common  Program Outcomes 306	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today  Why Study Comparative Physical Education? 301  Assumptions of Comparative Fducation Studies 302  Problems of Adopting Western Educational Patterns 303  The Contribution to International Understanding 303  Orientations of Physical Education Programs 305  AEHESIS: European Sport Science Seeks Common  Program Outcomes 306  International Organizations 307	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today  Why Study Comparative Physical Education? 301  Assumptions of Comparative Education Studies 302  Problems of Adopting Western Educational Patterns 303  The Contribution to International Understanding 303  Orientations of Physical Education Programs 305  AEHESIS: European Sport Science Seeks Common  Program Outcomes 306  International Organizations 307  International Competitions 312	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today  Why Study Comparative Physical Education? 301  Assumptions of Comparative Education Studies 302  Problems of Adopting Western Educational Patterns 303  The Contribution to International Understanding 303  Orientations of Physical Education Programs 305  AEHESIS: European Sport Science Seeks Common  Program Outcomes 306  International Organizations 307  International Competitions 312  Summary 314	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today  Why Study Comparative Physical Education? 301  Assumptions of Comparative Education Studies 302  Problems of Adopting Western Educational Patterns 303  The Contribution to International Understanding 303  Orientations of Physical Education Programs 305  AEHESIS: European Sport Science Seeks Common  Program Outcomes 306  International Organizations 307  International Competitions 312  Summary 314  Further Readings 314	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today  Why Study Comparative Physical Education? 301  Assumptions of Comparative Fducation Studies 302  Problems of Adopting Western Educational Patterns 303  The Contribution to International Understanding 303  Orientations of Physical Education Programs 305  AEHESIS: European Sport Science Seeks Common  Program Outcomes 306  International Organizations 307  International Competitions 312  Summary 314  Further Readings 314	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today  Why Study Comparative Physical Education? 301  Assumptions of Comparative Education Studies 302  Problems of Adopting Western Educational Patterns 303  The Contribution to International Understanding 303  Orientations of Physical Education Programs 305  AEHESIS: European Sport Science Seeks Common  Program Outcomes 306  International Organizations 307  International Competitions 312  Summary 314  Further Readings 314  Discussion Questions 315  References 316	301
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today Why Study Comparative Physical Education? 301 Assumptions of Comparative Fducation Studies 302 Problems of Adopting Western Educational Patterns 303 The Contribution to International Understanding 303 Orientations of Physical Education Programs 305 AEHESIS: European Sport Science Seeks Common Program Outcomes 306 International Organizations 307 International Competitions 312 Summary 314 Further Readings 314 Discussion Questions 315 References 316  Current Issues in Exercise Science and Sport	
Today and Tomorrow: Where Are Exercise Science and Sport Going?  International Exercise Science and Sport Today  Why Study Comparative Physical Education? 301  Assumptions of Comparative Education Studies 302  Problems of Adopting Western Educational Patterns 303  The Contribution to International Understanding 303  Orientations of Physical Education Programs 305  AEHESIS: European Sport Science Seeks Common  Program Outcomes 306  International Organizations 307  International Competitions 312  Summary 314  Further Readings 314  Discussion Questions 315  References 316	301

Part V

**CHAPTER 13** 

	Issues in American Education 320 Quality of Education 320 Negative Societal Changes 324 Proper Educational Practices 325 The Place of Sport in the Educational Process 328 Moral Dilemmas in the Schools 329 Issues in Exercise Science and Physical Education 330 The Disciplines Versus the Profession 330 Is the Curriculum Too Science Focused? 331 Value and Quality of the School Program 333 Proper Educational Practices 334 Maintaining Quality Programs Despite Budget Cuts 335 Relationship to Athletics 335 Issues in American Sport 335 The Place of Sport in Education 336 Ethical Dilemmas 337 Growing Professionalism of Sport at All Levels 337 Elitism Versus Sport for All 338 Drugs in the Sport Setting 338 Violence in Sports: Society's Mirror? 338 It's Money, Money, Money That I Want 339 Summary 340 Further Readings 340 Discussion Questions 341 References 342
CHAPTER 15	Into the Future in Exercise Science and Sport  Toward the Future 345  The Problem with Predictions 346  Scholars Predict Trends in Exercise Science and Sport 346  Societal Trends in the United States 349  The United States: A New Multi-Cultural Society 349  The Decline of Personal Responsibility 351  The Growth of a World Culture 352  Plus ça Change (The More Things Change) 352  Educational Trends in the United States 353  Disagreement About Educational Priorities 353  Education for a Technological World 354  The Future Curriculum: Narrow or Broad? 354  Changing Educational Priorities 355  Declining Student Knowledge Levels 356  More Accountability 356  More Testing 357  Changing School Populations 357  Teacher Education: Specialist or Generalist? 358  Whole-School Involvement in Teacher Education 358  Higher Teacher Education Standards 358  Privatization of Education 359

New Lifestyle Needs for Old Lifestyle Failures:
The United States and the All-You-Can-Eat Buffet 359
Holistic Goals 360
The Discipline Morass 360
The Field Moves Closer Toward the Real World 361
Expanding the Service Focus 362
The Service Shift from Public to Private Sector 362
Inequality of Services 362
The Continued Decline of School Service Programs 362
Our Failure to Provide Leadership 363
Trends in Sport 364
The Drug Culture of Sport 364
The Professionalization of Sport 365
The Trivialization of Sport 365
Violence in Sport 365
Money Drives the Machine 365
Again, Toward the Future 366
Summary 367
Further Readings 368
Discussion Questions 369
References 369

Index	373
Photo Credits	381