

TABLE OF CONTENTS

Preface

xvii

Part 1 Defining Our Field 1

CHAPTER 1 What Is Our Field? 3

- “Our Field”: A Term to Represent a Broad Range of Interests 3
- Changing Motivations for Human Movement 4
 - Survival Skills* 4
 - Conformity Conduct* 4
 - Fitness and Health* 4
 - Sport and Pleasurable Movement* 4
- Changing Terms for Human Movement 5
 - Gymnastics* 5
 - Hygiene and Health* 5
 - Exercise and Fitness* 5
 - Physical Education* 6
 - Sport* 7
 - Allied Areas: Health Education, Recreation, and Dance* 8
- Changing Focuses of Human Movement Studies 9
 - Health Focus* 9
 - Education Focus* 10
 - Fitness Focus* 10
 - Sport Focus* 10
 - Lifetime Fitness and Wellness Focus* 11
 - Holism: The Unity of Mind and Body* 11
- Developing a Field: From Education to Science to Medicine 12
 - Physical Education: Developing a Profession* 15
 - Defining the Theoretical Base of the Discipline* 21
 - Formalizing the Subdisciplines* 28
 - Concerns About Our Field as a Science* 28
- Defining Our Field’s Focus: Still an Issue 30
- Our Field: No Consensus on a Defining Name 33
 - Today’s Program Names: Divided by Focus* 33
 - Kinesiology: Unifying the Field or a Change of Focus?* 33
 - Names Reflect Program Focuses* 36
- Summary 38
- Further Readings 39
- Discussion Questions 41
- References 42

CHAPTER 2 The Academic Foundations of Exercise Science and Kinesiology 47

The Primary Subdisciplines of Our Field	47
Exercise Physiology	52
<i>Focus</i>	52
<i>Major Topics of Study</i>	52
<i>Method of Research</i>	53
<i>Research Outlets and Sources of Information</i>	53
Biomechanics	55
<i>Focus</i>	55
<i>Major Topics of Study</i>	55
<i>Method of Research</i>	55
<i>Research Outlets and Sources of Information</i>	57
Sport Psychology	58
<i>Focus</i>	58
<i>Major Topics of Study</i>	59
<i>Method of Research</i>	59
<i>Research Outlets and Sources of Information</i>	60
Motor Behavior	61
<i>Focus</i>	61
<i>Major Topics of Study</i>	61
<i>Method of Research</i>	62
<i>Research Outlets and Sources of Information</i>	63
Sport Sociology	63
<i>Focus</i>	63
<i>Major Topics of Study</i>	64
<i>Method of Research</i>	65
<i>Research Outlets and Sources of Information</i>	66
Sport History	66
<i>Focus</i>	66
<i>Method of Research</i>	66
<i>Research Outlets and Sources of Information</i>	67
Sport Philosophy	68
<i>Focus</i>	68
<i>Major Topics of Study</i>	68
<i>Method of Research</i>	69
<i>Research Outlets and Sources of Information</i>	71
The Sport Humanities	71
<i>Focus</i>	71
<i>Major Topics of Study</i>	72
<i>Method of Research</i>	72
<i>Research Outlets and Sources of Information</i>	73
Movement Pedagogy	73
<i>Focus</i>	73
<i>Major Topics of Study</i>	73
<i>Method of Research</i>	73
<i>Research Outlets and Sources of Information</i>	74

Summary	74
Further Readings	75
Discussion Questions	76
References	77

Part 2 **Our Cultural Heritage in History** **81**

CHAPTER 3	Physical Education and Sport in the Ancient World	83
	Primitive Times and Survival Sport	83
	Before the Greeks	85
	<i>Ancient China</i>	85
	<i>Ancient India</i>	87
	<i>Ancient Egypt</i>	87
	<i>The Ancient Middle East</i>	88
	Ancient Greece: The Golden Age of “Pure” Physical Education and Sport	89
	<i>Spartan Education</i>	90
	<i>Athenian Education</i>	91
	<i>The Greeks and the Leisure Ideal</i>	92
	<i>Greek Athletic Games and Contests</i>	92
	<i>The Question of Amateur and Professional Athletics in Greece</i>	96
	<i>Greek Physical Education and Sport Revisited</i>	98
	<i>The Greeks and Modern Society</i>	99
	The Age of Utility and Spectators: The Roman Empire	99
	<i>Roman Education and Physical Education</i>	99
	<i>Roman Sport</i>	101
	Summary	102
	Further Readings	103
	Discussion Questions	104
	References	105
CHAPTER 4	Physical Education and Sport in Medieval and Early Modern Europe	107
	Medieval Society and Physical Education	107
	Medieval Sport: Source of the Sport Dichotomy?	111
	<i>Knight Sports: The Haves</i>	112
	<i>Middle-Class and Lower-Class Sport: The Have-Nots</i>	112
	Physical Education in the Renaissance and Reformation	114
	Renaissance Sport	116
	Seventeenth-Century European Physical Education and Sport	117
	<i>Education and Physical Education in the 1600s</i>	117
	<i>Sport and the Puritans</i>	120
	Eighteenth-Century European Physical Education and Sport	122
	<i>Education and Physical Education in the 1700s</i>	122
	<i>The Seeds of Modern Sport</i>	126
	Nineteenth-Century European Physical Education and Sport	127
	Summary	130

Further Readings 130
Discussion Questions 132
References 132

**CHAPTER 5 The Development of American Physical Education
to 1941 135**

Physical Education in Colonial America (1607–1783) 135
Physical Education in the Early National Period (1783–1820) 137
Antebellum Physical Education in the United States (1820–1860) 139
The Professionalization of American Physical Education (1860–1900) 144
 The Turner School 144
 Development of Other Schools and Systems 145
 The Physical Education Requirement 146
 The Move Toward Professional Organization 147
 The Rise of Scientific Research on Human Performance 148
 American Physical Education at the Turn of the Century (1900) 149
The Uneasy Joining of Physical Education and Sport (1900–1941) 150
 The Move Toward a Unified American System 152
 The New Physical Education (1922–1930) 153
 Expanding Program Options (1900–1930) 154
 *The American Melting Pot and Better Babies Through Eugenics: Social
 Prejudices in Action* 155
 Effects of the Great Depression (1930–1941) 156
Summary 156
Further Readings 157
Discussion Questions 159
References 160

**CHAPTER 6 The Rise of Modern Sport in the United States and England
to 1941 163**

Social Sport in Colonial and Early National America (1607–1860) 163
The Characteristics of Modern Sport 166
 Secularism 166
 Equality 166
 Specialization 168
 Rationalization 169
 Bureaucracy 169
 Quantification 169
 Records 170
The Birth of Modern Sport in England and Europe 171
 The Sport Dichotomy Continues 171
 Sport as a Moral Virtue 172
 Muscular Christianity 173
 The Birth of Modern Organized Sport 174
The Phoenix Arises: The Rebirth of the Olympic Games 175
The Rise of Organized Sport in the United States (1850–1905) 177
American Sport at the Turn of the Century (1900) 179
 Women in Sport 179
 African Americans in Sport 180

	<i>The Organization of Modern Sport</i>	181
	<i>Students Lose Control of School Sport (1880–1922)</i>	182
The Stabilization of Modern Sport		183
	<i>Complete School Control of Sport (1905–1922)</i>	183
	<i>The Golden Age of Sport (1920s)</i>	184
	<i>Conflicts in Depression-Era Sport</i>	185
	<i>Early Attempts to Reform College Sports</i>	186
	<i>Science for Better or Worse: Measurement, Racism, Eugenics, and Striving for Perfection</i>	186
	<i>The Nazi Olympics and the New World Sport Order: Politics and Promotion</i>	188
Summary		189
Further Readings		191
Discussion Questions		193
References		193

CHAPTER 7 American Exercise Science and Sport from 1941 to Today 197

	Fitness and Sport in War and Peace (1941–1963)	197
	Physical Education: From a Teaching Field to a Science	200
	<i>The Discipline Movement</i>	200
	<i>Changes in Teacher and Coach Education</i>	201
	<i>New Challenges for America's Fitness and Health</i>	202
	<i>Legislation and Performance: Standards and Testing</i>	203
	<i>The Kinesiology Movement and the Name Game</i>	203
Sport Opens Its Doors		203
	<i>General Changes in Sport (1963–1984)</i>	203
	<i>The Integration of School Sports: All Races Are Welcome</i>	204
	<i>Title IX and Sports: Okay, We'll Let the Women Play, Too</i>	205
The Death of Amateurism in Sport		206
	<i>Youth Sport as Precollegiate and Pre-Olympic Sport</i>	207
	<i>High School Sport: The College Farm System</i>	208
	<i>I Play for Basketball Academy</i>	208
	<i>Collegiate Sport and the NCAA Cartel</i>	208
	<i>Olympic Sport Becomes Professional</i>	209
Today's World Sport: The Name of the Game Is Money		210
	<i>The Impact of Media and Technology on Sport</i>	210
	<i>College Sports Reform: A Century of Failure</i>	211
	<i>24/7 Sports and Getting the Betting Line</i>	211
	<i>The Body Dynamic: Creating the Competitive Human, or Sport, Entertainment, and the Artificial Body</i>	212
	<i>Doping and Today's Sport</i>	213
	<i>The Growth of the Worldwide Sporting Event</i>	215
Our Field Today		215
Summary		216
Further Readings		217
Discussion Questions		219
References		220

Part 3 Our Cultural Heritage in Philosophy 223

CHAPTER 8 Philosophy in Exercise Science and Sport 225

- What Is Philosophy? 225
- The Branches of Philosophy 226
- The Questions of Philosophy 228
- Issues in Sport Philosophy 229
 - The Nature of Sport* 229
 - Sport and Metaphysical Speculation* 230
 - The Body and Being* 230
 - Sport as a Meaningful Experience* 231
 - Sport Versus Physical Education: Philosophical Conflicts* 232
 - Sport and Aesthetics* 232
 - Sport and Values* 233
 - The Concept of Fair Play and Sportsmanship* 233
- Contemporary Philosophies of Our Field 233
 - Naturalism* 233
 - Idealism* 234
 - Realism* 235
 - Pragmatism* 236
 - Existentialism* 236
 - Humanistic Approach to Education* 238
 - Eclectic Approach to Philosophy* 238
- Doing Philosophy in Our Field 239
 - Why Have a Personal Philosophy?* 239
 - The Levels of Discussion* 240
 - The Hierarchy of Philosophical Ideas* 241
 - Thought and the Philosophical Process* 242
 - The Philosopher's Basic Questions* 242
- How Do We Apply Philosophy in Our Field? 244
- Summary 246
- Further Readings 247
- Discussion Questions 248
- References 249

CHAPTER 9 Ethics and Problems in Exercise Science, Physical Education, and Sport 253

- Problems in Exercise Science, Physical Education, and Sport Today 254
 - Abuses of Sport* 255
 - Overemphasis on School Sports* 256
 - Overemphasis on Competitive Sports in Physical Education* 257
 - Relationship Between Physical Education and Sport* 258
- Is Sportsmanship Dead? 258
- How Does Ethics Relate to Exercise Science, Physical Education, and Sport? 260
 - Should Ethics and Values Be Taught in Physical Education and Sport?* 261
- How Do We Teach Ethics and Values? 261

The “Ethic” of Big-Time Sport, or Why Sport Has a Poor Reputation	262
<i>The Supreme Importance of Victory</i>	262
<i>The Drug Culture of Sport</i>	263
<i>Poor Sportsmanship</i>	264
<i>Lack of Joy in Sport</i>	265
<i>The Place of Education in Sport (Dead Last)</i>	266
<i>Sports as Money</i>	266
<i>The Nutcracker Reflex</i>	267
<i>The Culture of Abuse and Violence</i>	267
<i>Why the Coach Gets No Respect</i>	268
What Ethical Values Should We Teach?	268
<i>Justice and Equality</i>	269
<i>Self-Respect</i>	269
<i>Respect and Consideration for Others</i>	270
<i>Respect for Rules and Authority</i>	271
<i>A Sense of Perspective or Relative Values</i>	272
Toward an Ethical Future	272
Summary	273
Further Readings	274
Discussion Questions	276
References	277

Part 4 Careers for the Future: Where Do You Go from Here? 281

CHAPTER 10 Preparing for a Career 283

Developing the Knowledge and Skills for Success	283
<i>Success Follows Preparation and Opportunity</i>	283
<i>Success Results from the Right Habits</i>	285
<i>Success Results from the Long-Term Building of Your Knowledge</i>	286
<i>Success Results from the Development of Expertise</i>	287
Developing the Basic Traits of Success	288
<i>Broad Knowledge Base (Cultural Literacy)</i>	289
<i>Communications Skills</i>	290
<i>Technical Skills</i>	291
<i>Research Skills</i>	292
<i>Job-Hunting Skills</i>	292
<i>Health and Fitness</i>	293
<i>Focus</i>	293
Summary	295
Further Readings	295
Discussion Questions	296
References	296

CHAPTER 11 Traditional Careers in Physical Education 299

The Meaning of <i>Professional</i>	299
Becoming an Involved Professional: Development and Responsibilities	300
<i>School Selection</i>	300
<i>Developing and Using a Personal Professional Library</i>	301

	<i>Professional Preparation</i>	301
	<i>Professional Membership</i>	302
	<i>Professional Meetings</i>	302
	<i>Research and Writing</i>	302
	<i>Teaching</i>	303
	<i>Commitment</i>	303
	<i>Pride</i>	303
	What Are the Components of Professional Preparation?	304
	What Is the Job Situation in Physical Education?	304
	Teaching as a Career: Pros and Cons	305
	<i>Positive Aspects of Teaching</i>	305
	<i>Negative Aspects of Teaching</i>	306
	<i>To Teach or Not to Teach</i>	307
	Basic Qualities of the Successful Teacher	307
	<i>Teaching Personality and Interests</i>	307
	<i>Strong Educational Background</i>	307
	<i>Health and Physical Skills</i>	307
	<i>Intellectual Ability</i>	308
	Types of Teaching Jobs	308
	<i>Physical Education</i>	308
	<i>Health Education</i>	309
	<i>Recreation</i>	309
	<i>Coaching</i>	310
	<i>Safety Education</i>	310
	<i>Dance</i>	310
	<i>The Need for Specialists</i>	310
	The Future of Teaching Jobs	313
	Summary	313
	Further Readings	314
	Discussion Questions	315
	References	316
CHAPTER 12	Careers in Sport, Exercise Science, and Kinesiology	317
	Careers in Sport	317
	<i>College Athletic Administration</i>	317
	<i>Equipment Managers</i>	320
	<i>Facility Management</i>	320
	<i>Sport Finance</i>	320
	<i>Sport Marketing</i>	321
	<i>Scouts</i>	321
	<i>Sports Camp Director</i>	321
	<i>Sports Information</i>	321
	<i>Sports Journalism and Broadcast Media</i>	321
	<i>Sports Officiating</i>	321
	<i>Sports Statistician</i>	321
	<i>Professional Athlete</i>	322
	Careers in Sport Business	322
	<i>Sport Management</i>	322
	<i>Sport Marketing and Sales</i>	322
	<i>Sport Financial Operations</i>	323

<i>Sport Facility Management</i>	323
<i>Motor Sports Management</i>	323
<i>Concessions Operations</i>	323
Careers in Sport and Leisure Services Entrepreneurship and Consulting	323
<i>Sports Consultant</i>	324
<i>Athletic Scholarship Placement Services</i>	324
<i>After School Sport Businesses</i>	325
<i>Sports Agents</i>	325
<i>Sports Event Management</i>	325
<i>Sport Facility Design and Construction</i>	326
<i>Sport Manufacturing and Production</i>	326
<i>Sport Marketing Services</i>	326
<i>Sport Product and Service Research and Development</i>	326
<i>Sport Product Design</i>	326
<i>Sport Photography</i>	327
<i>Sport Media Productions</i>	327
<i>Sport Publishing</i>	327
<i>Sporting Goods</i>	327
<i>Biomechanical Evaluation and Equipment Design</i>	328
<i>Exercise Physiological Testing and Equipment Design</i>	328
<i>Software Design for Training and Evaluation Systems</i>	328
<i>Software Design for Sports Gaming Systems</i>	328
Careers in Recreational Areas	328
<i>Sports Club Management</i>	329
<i>Aquatics Management</i>	329
<i>Tennis Club Management and Professional Golf Management</i>	330
<i>Teaching Professional</i>	330
Careers in Exercise Science	331
<i>ACSM-Certified Occupations</i>	332
<i>Research: Basic and Applied</i>	333
<i>Physical Fitness Industry</i>	333
Careers in Kinesiology	333
<i>Medical Doctors and Physician Assistants</i>	333
<i>Rehabilitation and Injury Prevention</i>	333
<i>Health Education and Services</i>	336
Theory Meets Practice: Student Internships	336
The Future of Sport Careers	337
Summary	337
Further Readings	337
Discussion Questions	338
References	338

Part 5 Today and Tomorrow: Where Is Our Field Going? 341

CHAPTER 13 International Exercise Science and Sport Today 343

Why Study Comparative Physical Education?	343
<i>Assumptions of Comparative Education Studies</i>	344
<i>Problems of Adopting Western Educational Patterns</i>	344
<i>The Contribution to International Understanding</i>	345

Orientations of Physical Education Programs 347
AEHESIS: European Sport Science Seeks Common Program Outcomes 348
International Organizations 350
International Competitions 355
Summary 357
Further Readings 357
Discussion Questions 359
References 359

CHAPTER 14 Current Issues in Exercise Science and Sport 361

The Focal Issue in Education 361
Two Linked Ongoing Concerns 361
Issues in American Education 364
Quality of Education 365
Negative Societal Changes 369
Proper Educational Practices 371
Expanded Applications of Digital Technologies 374
The Place of Sport in the Educational Process 374
Moral Dilemmas in the Schools 376
Issues in Exercise Science and Physical Education 377
The Disciplines Versus the Profession 377
Is the Curriculum Too Science Focused? 378
Value and Quality of the School Program 378
Emphasis of the School Program 380
Proper Educational Practices 382
Maintaining Quality Programs Despite Budget Cuts 382
Relationship to Athletics 383
Issues in American Sport 383
The Place of Sport in Education 384
Ethical Dilemmas 385
Growing Professionalism of Sport at All Levels 386
Elitism Versus Sport for All 386
Drugs in the Sport Setting 386
Violence in Sports: Society's Mirror? 387
It's Money, Money, Money That I Want 388
Summary 388
Further Readings 389
Discussion Questions 390
References 391

CHAPTER 15 Into the Future in Exercise Science and Sport 393

Toward the Future 393
The Problem with Predictions 393
Scholars Predict Trends in Exercise Science and Sport 394
Societal Trends in the United States 397
The United States: A New Multicultural Society 398
The Decline of Personal Responsibility 399
The Growth of a World Culture 401
Plus ça Change (The More Things Change) 401

Educational Trends in the United States	402
<i>Disagreement About Educational Priorities</i>	403
<i>Education for a Technological World</i>	404
<i>The Future Curriculum: Narrow or Broad?</i>	404
<i>Changing Educational Priorities</i>	405
<i>Declining Student Knowledge Levels</i>	406
<i>More Accountability</i>	406
<i>More Testing</i>	406
<i>Changing School Populations</i>	407
<i>Teacher Education: Specialist or Generalist?</i>	408
<i>Whole-School Involvement in Teacher Education</i>	408
<i>Higher Teacher Education Standards</i>	408
<i>Privatization of Education</i>	409
Trends in Exercise Science	409
<i>New Lifestyle Needs for Old Lifestyle Failures: The United States and the All-You-Can-Eat Buffet</i>	410
<i>Fatter Kids and Less PE in the Schools: Is Anybody Listening?</i>	410
<i>Holistic Goals</i>	410
<i>The Discipline Morass</i>	410
<i>The Field Moves Closer Toward the Real World</i>	412
<i>Expanding the Service Focus</i>	412
<i>The Service Shift from Public to Private Sector</i>	412
<i>Inequality of Services</i>	413
<i>The Continued Decline of School Service Programs</i>	413
<i>Our Failure to Provide Leadership</i>	413
Trends in Sport	415
<i>The Drug Culture of Sport</i>	415
<i>The Professionalization of Sport</i>	416
<i>The Trivialization of Sport</i>	416
<i>Violence in Sport</i>	416
<i>Money Drives the Machine</i>	417
Again, Toward the Future	417
Summary	418
Further Readings	419
Discussion Questions	420
References	421

Index 425