

## **Review Sheet for KIN 70**

Test will consist of 50 multiple-choice questions. You are required to bring a scantron. Please refer to green sheet for type of scantron.

Definitions of Kinesiology as outlined in Chapter 1.

What is the focus of Kinesiology?

Where is knowledge derived from?

Movement vs. Physical activity: definitions and examples

In what 3 way do we develop an understanding of Kinesiology?

Skilled movement vs. Exercise

Categories of exercise as defined by the book.

Spheres in Kinesiology

Objectives of physical education.

Physical activity patterns in the USA

Closed vs. Open skills

Activity levels at various ages and what may influence

Types of knowledge in subjective experiences

### **Definitions**

Professional practice

Experiential knowledge

Spectatorship

Theoretical knowledge

Professional knowledge

Comprehensive knowledge

Ergonomics

Occupational therapists

Healthy People initiative

Emblem, illustrator, regulator

ADLs

IADLs

Quantity vs. Quality