



FIFTH EDITION

**Introduction to  
Physical Education,  
Exercise Science,  
and Sport Studies**

**Angela Lumpkin**

# INTRODUCTION TO PHYSICAL EDUCATION, EXERCISE SCIENCE, AND SPORT STUDIES

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FIFTH EDITION

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## INTRODUCTION TO PHYSICAL EDUCATION, EXERCISE SCIENCE, AND SPORT STUDIES, FIFTH EDITION

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# INTRODUCTION TO PHYSICAL EDUCATION, EXERCISE SCIENCE, AND SPORT STUDIES

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# Preface

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*Introduction to Physical Education, Exercise Science, and Sport Studies* provides students with an exciting opportunity to discover the diversity of physical education, exercise science, and sport and the wealth of careers available in these fields. Students will be introduced to the heritage, current programs, and future potential of the field that they are considering entering. The purpose of this book is to introduce students to these multifaceted fields and to involve students in assessing potential careers in physical education, exercise science, and sport.

The intent of this book is to broaden students' understanding of how the philosophies and programs of physical education, exercise science, and sport evolved as well as to present the current status of these fields. Inherent within the changing nature of physical education, exercise science, and sport is a need to examine how Title IX of the 1972 Education Amendments, the inclusion into classrooms of physically and mentally challenged individuals, the increased emphasis on physical activity and fitness for all ages, past programs in this country and in Europe, and traditional philosophies have affected and will influence what you do as a professional in this field in the twenty-first century.

No longer are physical education, exercise science, and sport just for schools or colleges, although teaching in these settings is certainly an important endeavor. By learning about careers in leisure services, athletic training, corporate fitness, sport management, fitness club instruction and management, recreation for all ages and abilities, coaching, and a variety of other activity-related pursuits, students will gain a clearer perspective of the future role physical education, exercise science, and sport should play in American society. Individuals who accept the challenges of these careers will help women, minorities, senior citizens, individuals in lower socioeconomic classes, students, and many others benefit from active, fit lifestyles. Practical suggestions are provided to students as you choose and prepare for careers. To enhance this process, throughout the book the importance of physical education, exercise science, and sport as expanding and diverse fields of service, enjoyment, and employment is emphasized.

## NEW TO THIS EDITION

The new title for this edition, *Introduction to Physical Education, Exercise Science, and Sport Studies*, reflects a new emphasis on exercise science and sport studies, fields that are becoming increasingly connected to all aspects of physical education. New information on exercise science, physical activity, and fitness has been woven throughout this book. In addition, every chapter has been updated, with extensive revisions made to several key topics. Chapter 10 has been completely revised and rewritten to make it more relevant to students studying

physical education and exercise science. New photographs have been added throughout the book to help reinforce student learning about key concepts. The Review Questions, Student Activities, and Suggested Readings have also been revised and updated.

## **Research View**

Except for the historical chapters, each chapter features at least one Research View box, which offers questions designed to stimulate students toward critical thinking and continued study. These boxes encourage students to think beyond the text page and relate what they are learning to what could be in the future.

## **Web Connections**

Each chapter also includes a Web Connections box, which lists websites that students can explore to find chapter-related information on the Internet. This feature allows students to expand their knowledge according to their individual abilities and goals and offers a springboard for independent learning.

## **New or Expanded Topics**

This new edition has been significantly revised and updated. The following list is a sampling of the topics that are either new to this edition or have been explored in greater depth than in the previous edition:

### **Chapter 1: Physical Education, Exercise Science, and Sport Studies—Dynamic Fields**

- Greater emphasis on exercise science
- Expanded discussion of the importance of physical activity for all
- Public attitudes toward physical education
- New section on non-teaching fields
- Physical activity patterns of American youth
- New information about Healthy People 2010

### **Chapter 2: Exercise and Sport Sciences**

- Significantly revised chapter with increased focus on the scientific foundation of the exercise and sport sciences
- Expanded discussion of exercise physiology
- New section on motor control and learning
- New section on motor development
- New information on sport biomechanics, sports medicine, sport and exercise psychology, sport history, sport philosophy, sport management, and sport sociology
- New model for illustrating interface of the exercise and sport sciences

- List of films and videos related to sport history and sport philosophy
- New section on technology

### **Chapter 3: The Profession of Physical Education, Exercise Science, and Sport Studies**

- Pedagogy and adapted physical education
- New section on student involvement in professional organizations
- Updated information on certification in athletic training
- Issues facing professionals working with physical activity fields

### **Chapter 4: Philosophy of Physical Education, Exercise Science, and Sport**

- Developing a personal code of conduct
- Code of Ethics of the National Athletic Trainers' Association
- Expanded information about related philosophies
- Sample philosophy of teaching

### **Chapter 5: Selecting a Career**

- Greater emphasis on careers in fitness, exercise, and sport
- National Standards for Athletic Coaches

### **Chapter 6: Preparation for a Career**

- Greater emphasis on internships
- New sample resumes and letters of application
- Contents for a teaching portfolio
- Questions to answer in preparing for potential careers

### **Chapter 7: Sport in the Ancient World and Our European Heritage**

- Updated information on sport and physical activity in early cultures
- Revised discussion of influence of sports played in Great Britain

### **Chapter 8: Early American Physical Education and Sport**

- Updated information on major developments in American physical education and sport
- Expanded section on contributions of Dioclesian Lewis
- Contributions of Carl Fitz and the Lawrence Scientific School

## **Chapter 9: Twentieth Century Physical Education and Sport**

- Recent developments in school and non-school physical education and sport programs
- New section about commercialization in collegiate sports
- Title IX timeline for women's sports

## **Chapter 10: Opportunities and Challenges in Physical Education and Exercise Science**

- Completely revised chapter that focuses on the value of physical activity
- New section on recreation and leisure services
- Emphasis on exercise science
- Elementary, middle, and secondary school programs
- Emphasis on accountability, standards, and assessments in all physical activity programs
- Assessment model for physical education professionals
- Legal duties owed to physical activity participants
- New section on commercialization of physical fitness

## **Chapter 11: Issues in Sports**

- Threats to the integrity of sport
- Drug testing
- Equality of physical activity opportunities for senior citizens and individuals with disabilities
- Citizenship Through Sports Alliance
- Recent sports timeline
- Updated discussion of impact of Title IX on sports for females

## **Chapter 12: Living Actively in the Twenty-First Century**

- New section on leadership
- Revised and updated forecast about living in the twenty-first century
- Changing identity from physical education to exercise science and sport studies
- Emphasis on physical activity throughout life
- Impact of technology and aging population

Appendix A features a revised and updated listing of professional journals with contact addresses and websites. Appendix B includes a revised and updated listing of certifying organizations. The Glossary has been expanded to include 30 new definitions.



## CONTENT DESIGN

Written in a conversational and personal style, *Introduction to Physical Education, Exercise Science, and Sport Studies* is designed for students enrolled in their first course related to exercise science, sport management, physical education, athletic training, or other related majors.

An overview of the field is stressed rather than an in-depth examination of the disciplinary areas. Some of these relevant topics discussed include practical suggestions for selecting and obtaining a job in the chosen career; current issues affecting job selection; girls and women in sport; minorities in physical education and sport; the standards and assessment movement; teacher, coach, athletic trainer, and exercise specialist certifications; educational values of sports; and the importance of physical activity for all.

The book's three units are self-contained and may be read in any order, although each is important to a full understanding of the field. Unit One provides foundational information in the first four chapters before focusing on careers. As defined in Chapter 1, *physical education is a process through which an individual obtains optimal physical, mental, and social skills and fitness through physical activity. Exercise science is broadly defined as the scientific analysis of the human body in motion and encompasses exercise physiology, biomechanics, kinesiology, anatomy, physiology, motor behavior, and some aspects of sports medicine.* Sport is operationally defined as *physical activities governed by formal or informal rules that involve competition against an opponent or oneself and are engaged in for fun, recreation, or reward.* The cognitive, affective, and physical fitness and motor skill development objectives of physical education and sport indicate how physical education and sport can contribute to improvements in quality of life for all. Chapter 2 provides an in-depth look at the exercise and sport sciences, such as exercise physiology, sports medicine, and sport management. An explanation of organizations in the field precedes a discussion about preparation programs for school and nonschool careers in Chapter 3. The five traditional philosophies and discussion of ethics presented in Chapter 4 provide reference points for the development of a personal philosophy.

A career emphasis is integrated throughout, and given special attention in Chapters 5 and 6. Chapter 5 describes more than 50 careers in education, recreation, fitness, sports, business, and athletics. Students can learn about job responsibilities, prerequisite education and preparation, and the potential availability of positions. Chapter 6 provides practical ideas for preparing for careers, with an emphasis on the importance of internships, volunteer experiences, and obtaining certifications. Recommendations for writing a resume, developing a portfolio, and seeking a job are provided.

Unit Two covers the history and development of physical education and sport from early cultures through today. Athletics in Athens and Sparta, European gymnastics programs, and sports and games in Great Britain are emphasized in Chapter 7 in terms of their influence on programs in the United States. In Chapter 8, early American physical education and sport is traced from early sporting diversions through the formalized gymnastics programs of the late 1800s. Chapter 9

completes the chronology of evolving programs that are diverse in philosophy, clientele, and activity.

Unit Three describes issues and trends in physical education, exercise science, and sport. Chapter 10, examines the value of physical activity for everyone, exercise science program developments, unique features of elementary, middle, and secondary school physical education, standards and accountability, legal liability, career burnout, and instructional challenges facing physical educators. The beneficial outcomes and associated issues of sports for girls and women, minorities, youth, school and college students, and Olympic athletes are addressed in Chapter 11. The final chapter looks at the image and role of physical education, exercise science, and sport in all settings in the twenty-first century.

## **SUCCESSFUL FEATURES**

### **Key Concepts**

Each chapter begins with statements that highlight the major topics to be discussed. These provide students with both a focus and direction as you read.

### **Introductions**

The first paragraphs in the chapters briefly set the stage for and preview the text. They help students gain further perspective on the relevance of the content.

### **Illustrations**

More than 140 photographs help students see the diversity of physical education, exercise science, and sport and potential careers therein. These photographs also reemphasize the popularity of sports and activities for all and help teach important concepts.

### **Boxed Material**

Throughout the text, specially highlighted information is designed to enhance students' understanding and provide additional insights into these professions.

### **Summaries**

A summary paragraph at the conclusion of each chapter emphasizes the primary areas of importance, thus complementing the initial key concepts. These summaries help students focus on the major items discussed.

### **Career Perspective**

A unique feature of this book is the integration of biographical sketches of sport, exercise science, and physical education professionals in several diverse careers. The featured individuals list their job responsibilities, hours, course work, and

degrees, discuss experience needed for their careers, satisfying aspects of their careers, and job potential, and offer suggestions for students.

## **Review Questions**

To enhance retention of each chapter's content, students are encouraged to answer the review questions. Rather than seeking rote memorization of facts, these questions stress understanding the concepts.

## **Student Activities**

Like the review questions, student activities encourage students to think about and use the chapter content in greater depth and to extract practical ideas for career application. These activities also encourage an active participation in the learning process.

## **Suggested Readings**

Suggested readings furnish students with additional information and potential resources for further study. The annotations are especially beneficial to expanding students' knowledge.

## **Glossary**

A comprehensive glossary of important terms reinforces students' understanding of the terminology used in the book and in physical education, exercise science, and sport.

## **Appendixes**

An appendix of professional journals, mailing addresses, websites, and foci provides easy references for purchasing these periodicals or learning more about their availability. A second appendix gives addresses for several organizations that certify coaches, athletic trainers, and fitness leaders.

## **ANCILLARIES**

### **Instructor's Manual and Test Bank**

An *Instructor's Manual and Test Bank* accompanies the text and is available to those who adopt it. The manual includes practical teaching suggestions, chapter overviews, instructional objectives, additional annotated readings, more than 450 multiple choice, true/false, matching, and essay test items with answer keys, and suggested audiovisual materials.

### **Online Learning Center**

This website offers resources for both instructors and students. It features downloadable ancillaries, web links, student quizzing, additional information on topics of interest, and more.

Resources for the instructor include:

- Downloadable PowerPoint presentations for each chapter
- Lecture outlines
- Links to professional resources
- Additional web links

Resources for the student include:

- Flashcards
- Learning objectives
- Internet activities
- Career opportunities

The Online Learning Center can be found at this website: [www.mhhe.com/lumpkin](http://www.mhhe.com/lumpkin).

## PowerWeb

This edition of *Introduction to Physical Education, Exercise Science, and Sport Studies* has been packaged with PowerWeb, a tremendous learning tool. Power Web is an easy-to-use online resource from McGraw-Hill that provides current articles, curriculum-based materials, weekly updates with assessment, informative and timely world news, related web links, research tools, student study tools, interactive tools, and more.

Access to PowerWeb also offers:

- Study tips with self-quizzes
- Links to related sites
- Weekly updates
- Current news
- Daily newsfeed of related topics
- Web research guide

PowerWeb is a password-protected website. Your McGraw-Hill Sales Representative can guide you in creating a student package with PowerWeb. Preview this website at: [www.dushkin.com/powerweb](http://www.dushkin.com/powerweb).

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Angela Lumpkin

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