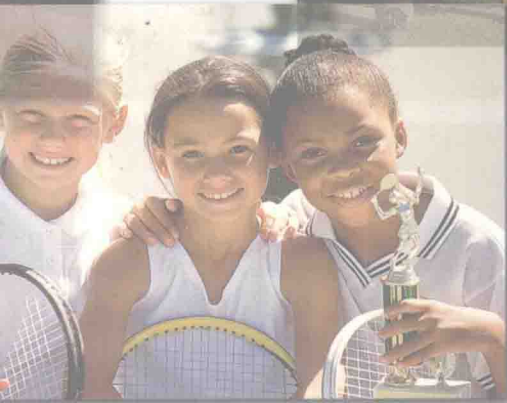
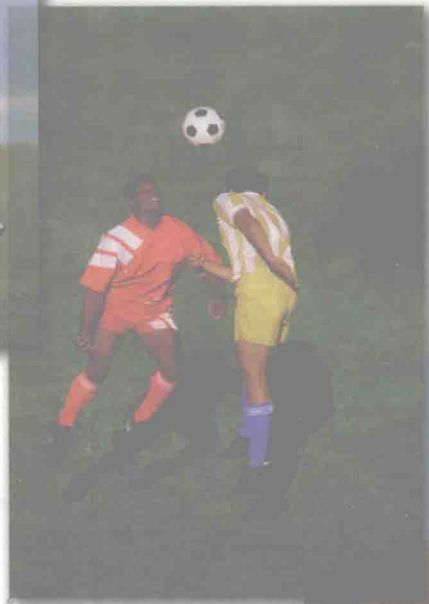
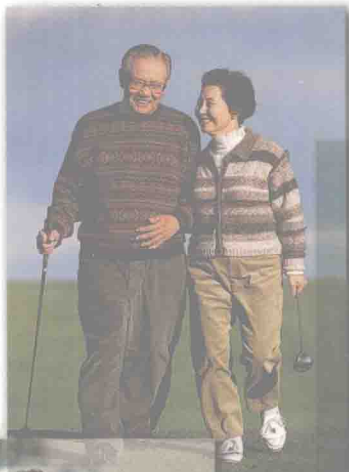


Foundations of Physical Education and Sport

13th
Edition



Wuest
Bucher

Foundations of Physical Education and Sport

13th Edition

Deborah A. Wuest

Ithaca College

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Boston Burr Ridge, IL Dubuque, IA Madison, WI New York San Francisco St. Louis
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FOUNDATIONS OF PHYSICAL EDUCATION AND SPORT, THIRTEENTH EDITION

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PREFACE

The thirteenth edition of *Foundations of Physical Education and Sport* is designed to provide a comprehensive, contemporary text for introductory and foundations courses in physical education and sport. During the past 25 years the knowledge base of physical education and sport has increased tremendously, both in depth and breadth. The dedication of scholars and increasingly sophisticated research techniques have contributed to this expansion. The growth of this knowledge base is reflected in further development of the specialized areas of study, the subdisciplines of physical education and sport.

Career opportunities have grown dramatically as well. Increased opportunities are available for individuals desiring to teach and coach in nonschool settings, such as community-based programs, senior citizen centers, and corporations. Teachers and coaches increasingly work with people of all abilities and ages. Nonteaching and noncoaching careers have grown in availability, and many prospective physical educators and sport leaders aspire to careers in fitness, exercise science, sport management, athletic training, and sports communication.

This text encourages students from the beginning of their career to contribute to the field of physical education and sport and be active participants in shaping the nature of this dynamic field. Students are challenged to fully develop themselves as professionals and make a commitment to excellence. As young leaders entering the field, they will work collaboratively with other dedicated professionals to address the issues facing us and confront the challenges that lie ahead.

CHANGES IN THE THIRTEENTH EDITION

The thirteenth edition has been revised to reflect the current status of the field as well as emerging developments in physical education and sport. This edition retains a strong emphasis on the foundations of physical education and sport. In addition, the subdisciplines of physical education and sport are rapidly growing, and this edition reflects the latest thinking and research that form the foundations of this dynamic field.

This revision strengthens the previous editions' emphasis on preparing for a career in physical education and sport and recognizing diverse opportunities in the field. It calls on readers to pursue excellence, display a high level of professionalism, and take an active role in resolving problems that confront the field.

This edition of *Foundations of Physical Education and Sport* has been extensively revised to reflect the continuing growth and diversification of the field. Included in this edition is the latest information on the following important topics:

- ◆ The landmark document *Physical Activity and Health: A Report of the Surgeon General*
- ◆ The Centers for Disease Control and Prevention (CDC) guidelines for schools and communities to promote physically active lifestyles among children and youth
- ◆ Influence of physical activity and sport on the lives of girls
- ◆ The *Healthy People 2000* midcourse review and the upcoming *Healthy People 2010* document

- ♦ The National Association for Sport and Physical Education (NASPE) standards for physical education, beginning teachers, and coaches
- ♦ Understanding changing demographics, working with diverse population groups, and meeting the needs of all people, including those with disabilities
- ♦ Critical issues confronting physical education and sport, such as creating opportunities for diverse populations and advocacy on behalf of our programs
- ♦ Technology, including addresses for listservs and Web sites, self-assessment activities based on chapter topics and information available on the Internet
- ♦ Career preparation, including the development of transferable skills and a four-year timetable for professional preparation
- ♦ Activism and the importance of professionals addressing inequities in physical activity and sport opportunities

This textbook challenges the reader to play a significant role in shaping the future of our dynamic field.

Organization

The 15 chapters that compose the text have been grouped into four parts. Part One provides the student with an orientation to physical education and sport. Chapter 1 introduces the student to the field of physical education and sport, defines physical education and sport, clarifies terminology that will be used throughout the text, discusses various philosophies, and provides information on how to develop a personal philosophy of physical education and sport. In Chapter 2, the objectives of physical education and sport programs are identified and the assessment of objectives is presented. Chapter 3 examines the role of physical education and sport in society and in education as well as the educational reform, fitness, and wellness movements. Part One concludes with Chapter 4, which presents information about the nature of human movement—the keystone of physical education and sport.

In Part Two, the historical and scientific foundations of physical education and sport are pre-

sented in five chapters. The historical foundations of physical education and sport are covered in Chapter 5. The development of physical education and sport from early cultures to today is traced. The biomechanical, physiological, sociological, and psychological foundations are reviewed in Chapters 6, 7, 8, and 9, respectively. These chapters present students with information about the development of the subdiscipline, questions that are typically addressed by researchers within the field, key concepts, and current areas of study.

Part Three, which consists of four chapters, addresses professional considerations, such as career opportunities within the field, preparation for a career in physical education and sport, and professional responsibilities. Chapter 10 has been expanded to include professional development. The chapter includes material presented in Chapter 14 of the previous edition. The topics of professional responsibilities, leadership development, and professional organizations are now included in Chapter 10. Chapters 11, 12, and 13 offer more in-depth information about specific career opportunities in physical education and sport, including the responsibilities associated with each career, advantages and disadvantages of specific career choices, and specific strategies to enhance professional marketability relative to these chosen careers. Chapter 11 describes teaching and coaching careers and how opportunities for these careers have broadened from the school setting and school-aged population to nonschool settings and to include persons of all abilities and ages. In Chapter 12, the many new employment opportunities in fitness and health-related careers are examined. Careers in sport management, sport communication, performance, and other sport-related careers such as officiating are described as well as information on the growing field of sport entrepreneurship in Chapter 13.

Part Four explores issues and challenges confronting professionals today and looks at the future of physical education and sport. Chapter 14 addresses timely issues in physical education and sport. Five issues are examined: the role of the physical educator in the consumer education movement, the promotion of values, the role of

physical education and sport professionals in youth sports, the growing discipline and the debate over its name, and the gap between research and practice. Four of the challenges facing professionals are making quality daily physical education in the schools a reality, conducting effective public relations programs, attaining the health objectives for the year 2000, and promoting lifespan involvement in physical education and sport for all people. The final chapter, Chapter 15, examines the future of physical education and sport. Societal trends are analyzed in light of current developments. To prepare for the future, professionals must be willing to assume the responsibility for the leadership of our field and work to improve the manner in which we provide services to people of all ages.

PEDAGOGICAL FEATURES

To facilitate use by instructors and students, several pedagogical aids have been incorporated into this textbook. These aids include the following:

Instructional Objectives. At the beginning of each chapter the instructional objectives and competencies to be achieved by the student are listed. This identifies for the student the points that will be highlighted in the chapter. Attainment of the objectives indicates the fulfillment of the chapter's intent.

Introductory Paragraphs. A short introduction is provided for each chapter. This serves to provide students with a transition from previously presented material to the material to be presented within the chapter.

Summaries. Each chapter ends with a brief review of the material covered, assisting the student in understanding and retaining the most salient points.

Self-Assessment Tests. Self-assessment tests and activities are presented at the end of each chapter to enable students to check their comprehension of the chapter material.

References. Each chapter provides up-to-date references to allow students to gain further information about the subjects discussed within the chapter.

Suggested Readings. Additional and easily accessible resources from current literature that relate to the chapter topic have been selected and **annotated**. These readings offer students the opportunity to further broaden their knowledge and understanding of various subjects.

Internet Resources. Each chapter begins with a *Getting Connected* feature, which lists Internet sites that provide up-to-date information about relevant topics. The self-assessment exercises have been revised to include activities that draw on these Internet resources.

Photographs. Numerous photographs, many new, have been used throughout the text to enhance the presentation of material and to illustrate key points.

INSTRUCTOR'S MANUAL

The *Instructor's Manual* provides the instructor with additional material to facilitate the use of this text. The *Instructor's Manual* includes the following features for each chapter.

Chapter Overview. The chapter overview presents the salient points covered in the chapter.

Test Items. Subjective test questions and a variety of objective test items are given, including multiple choice, true/false, completion, and matching.

Suggested Activities. Suggested in-class student activities as well as outside assignments are presented.

Case Studies. Case studies in each chapter give students practical opportunities to apply the material presented.

Internet-based Activities. Activities using the Internet, including the resources identified in the *Getting Connected* feature, are provided for small groups and for the class.

Powerpoint Presentations. To assist in presenting key concepts of each chapter, a powerpoint presentation was developed. This can be used to create overheads, to generate slides, and/or to export and post to the World Wide Web.

Foundations of Physical Education and Sport has been written in a style that students find readable and that provides them with important insights into the foundations and the roles of physical

education and sport in the world today. Students will find substantial information about the career and professional opportunities that exist for knowledgeable, dedicated, and well-prepared physical educators.

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I extend most heartfelt thanks to my friends and colleagues, who helped in many ways in the revision of this book. I especially appreciate the help of Sarah Rich for her assistance with photography and editing, and of Vic Mancini for his continued support.

This book is dedicated to my daughter, Meriber Carola DeVida Wuest, who likes "gym" because "you have fun and when you run hard, water comes running down your face." This book is also dedicated to my late-night writing companion, my loyal cat, Abby.

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PART ONE

Nature and Scope of Physical Education and Sport

Introduction

Part One introduces the reader to the field of physical education and sport. The four chapters in Part One present in a logical manner a definition of physical education and sport and specialized areas within this realm, the influence of various philosophies on physical education and sport programs, the objectives of physical education and sport, the role of physical education and sport in society and in education, and the keystone—movement. Part One provides the foundational information needed to understand the nature and scope of physical education and sport, the role of sport in today's world, and the contribution that persons involved in physical education and sport can make to society. Physical education and sport is a growing and expanding field. The growth of physical education and sport is reflected in the enlargement of the knowledge base and the development of specialized areas of study. The expansion of physical education and sport has created a diversity of career options for professionals in this field.

Meaning and Philosophy of Physical Education and Sport

Instructional Objectives and Competencies to be Achieved:

After reading this chapter the student should be able to—

- ◆ Discuss the nature of contemporary physical education and sport and show how it has evolved during the past four decades.
- ◆ Define the following specialized areas of study within the discipline of physical education and sport: sport philosophy, sport history, sport sociology, sport psychology, motor development, motor learning, biomechanics, exercise physiology, sports medicine, sport pedagogy, adapted physical activity, and sport management.
- ◆ Clarify the relationship between the discipline and the profession of physical education and sport.
- ◆ Explain the relationship of physical education and sport to allied fields of study.
- ◆ Discuss key concepts of philosophy and their application to physical education and sport.
- ◆ Develop a personal philosophy of physical education and sport.

This is one of the most exciting, dynamic periods in the history of physical education and sport. Unfolding before us is the vision of lifespan involvement in physical activity for all people. It is a powerful vision, one that is compelling for professionals who choose to embrace it and extraordinary in its potential to affect the lives of people of all ages.

The scope and focus of physical education and sport have changed tremendously during the past four decades. Traditionally, our programs focused

on providing services for children and youth in the school setting. Today our scope is much broader, our settings more diverse, and our influence on participants' lives greater. This greater involvement and changing focus are evident from the descriptions below of participants in our programs.

The crowd cheers as the player dribbles down the court toward the basket. With the score tied and only seconds to go on the clock, the player fakes left, drives around the opponent, and lays the ball up on the rim. Score! The buzzer sounds, ending the game. The crowd