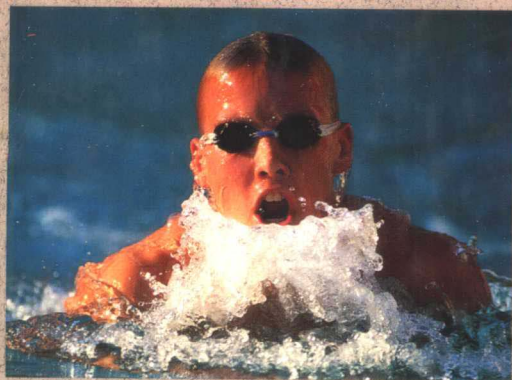
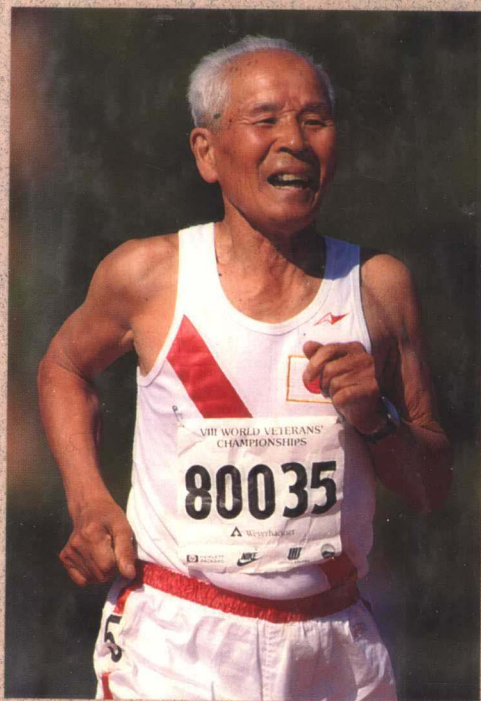


# FOUNDATIONS OF PHYSICAL EDUCATION AND SPORT

11TH EDITION



WUEST • BUCHER

# FOUNDATIONS OF PHYSICAL EDUCATION AND SPORT

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**ELEVENTH EDITION**

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## ELEVENTH EDITION

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## *In Memoriam*

Charles A. Bucher, Ed.D., was a well respected author affiliated with Mosby-Year Book for more than 35 years. He was an active member of the American Alliance for Health, Physical Education, Recreation, and Dance, and was also internationally respected as an authority on health and fitness.

As professor of physical education at the University of Nevada at Las Vegas, Dr. Bucher helped form the School of Health, Physical Education, and Recreation in the College of Education and served as its director for 5 years. Prior to his 10 years there, he taught at New York University. For more than 40 years, Dr. Bucher devoted himself to administering programs in physical education, sports, physical fitness, health, and recreation at universities across the nation.

A pioneer in the health, physical education, and recreation field, Dr. Bucher was one of the first ten recipients of the Healthy American Fitness Leaders Award. This award, presented by the President of the United States, was given to those who have made outstanding contributions to the nation's health and fitness. He also led the fitness community as president of the National Fitness Leaders Council and was a consultant to the President's Council on Physical Fitness and Sports.

Dr. Bucher was a prolific author; he wrote numerous textbooks, professional articles, and a syndicated news column on health and fitness. He was author or coauthor of three successful Mosby-Year Book texts: *Foundations of Physical Education and Sport*, *Management of Physical Education and Athletic Programs*, and *Fitness for College and Life*.

Mosby-Year Book mourns the passing of Charles A. Bucher, whose career achievements helped shape the development of worldwide health and fitness.



# Preface

The eleventh edition of *Foundations of Physical Education and Sport* is designed to provide a comprehensive, contemporary text for introductory and foundations courses in physical education. During the past 10 years the knowledge base of physical education 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 aspire to careers in fitness, exercise science, sport management, athletic training, and sports communication.

## CHANGES IN THE ELEVENTH EDITION

This eleventh edition has been revised to reflect current changes and new developments in physical education and sport. This edition has retained its strong emphasis on the foundations of physical education and sport as well as the expanded information on career preparation and opportunities that was new to the tenth edition.

The knowledge base of the subdisciplines of physical education and sport has grown substantially in the past 10 years. To ensure that the information presented in these areas is up-to-date and timely, specialty reviewers were used as part of the revision process. The reviewers and the chapters that they analyzed are noted:

*Dr. Judith E. Rink*

Chapter 3—Role of Physical Education and Sport in Society and Education

Chapter 11—Teaching and Coaching Careers in Physical Education and Sport

*Dr. Jay Coakley*

Chapter 8—Sociological Foundations of Physical Education and Sport

*Dr. Susan Hall*

Chapter 9—Biomechanical Foundations of Physical Education and Sport

*Dr. Robert V. Hockey*

Chapter 12—Fitness and Health-Related Careers in Physical Education and Sport

These reviewers, because of their expertise in the particular subdisciplines, were able to offer many thoughtful comments and practical suggestions that were most helpful in revising and reorganizing the chapters.

This edition of *Foundations of Physical Education and Sport* follows the pattern of the previous editions but has been revised to reflect current thinking and research. This text represents the latest thinking and research that form the foundations for this dynamic field.

## Organization

The 16 chapters that comprise the text have been grouped into four parts. Part One provides the student with an orientation to physical education and sport. Chapter One introduces the student to the discipline 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, the priority for various objectives is discussed, 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 presented 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 physiological, psychological, sociological, and biomechanical foundations are reviewed in Chapters 6, 7, 8, and 9, respectively. These chapters present students with information about the development of the sub-discipline, questions that are typically addressed by researchers within the field, key concepts, and current areas of study.

Part Three, which consists of five 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 identifies numerous career opportunities, assists students in the process of self-assessing their abilities and interests, provides a general overview of professional preparation curricula, and suggests strategies that students can employ to enhance their professional marketability. 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. Professional responsibilities and the development of leadership is the focus of Chapter 14. Various professional organizations are identified and advantages of belonging to such organizations are also described within this chapter.

Part Four explores issues and challenges confronting professionals today and looks at the future of physical education and sport. Chapter 15 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 educators 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 16, 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:

***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.

*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.

Other features include *case studies* to provide opportunities for practical application of the material presented and *resources* for further information.

*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.

## ACKNOWLEDGMENTS

My thanks are gratefully extended to the publisher's reviewers for their insightful comments and critical suggestions which helped greatly in the revision of this book. They include:

Ralph Ballou  
Middle Tennessee State University

C. Jessie Jones  
University of New Orleans

Mildred Lemen  
Indiana State University

Joe W. Gillespie  
Tarleton State University

I would also like to extend my appreciation to the specialty reviewers whose thoughtful advice was of considerable assistance in the planning and writing of this new edition.

A special recognition is extended to the outstanding professionals at Mosby-Year Book, Inc. Their professional expertise and guidance were invaluable in the completion of this revision. In particular, I want to recognize the efforts of Loren Stevenson, editorial assistant. Loren assisted me throughout the revision of this book by offering many useful suggestions, much feedback, and thoughtful advice, as well as enlivening the process with her fine sense of humor. Thanks, Loren!

Special heartfelt thanks are extended to my friends and colleagues who helped in many ways in the revision of this book. From critically reviewing parts of the manuscript to taking photographs under all sorts of conditions to offering encouragement when it was most needed, they were unfailing in their support. Thank you for being there.

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## *Introduction*

The young person choosing a career in today's world is faced with a critical decision. Many changes have occurred in the last few years that make the choice extremely difficult. The nation's economy has been in a state of upheaval, resulting in problems such as budget cutbacks, inflated prices, inner city difficulties, unemployment, and mounting government deficits. Increased technology has resulted in changes in the work place. Concern for the environment has generated the implementation of protective measures against noise, radiation, and the pollution or destruction of land, forests, and waterways. Concern about the quality of education provided for young people has led to calls for educational reform. The growth of knowledge in recent years and projected future developments in the areas of information and technology has led educators to emphasize the need for lifelong learning.

Many changes in the American culture that have taken place in the past few years have implications for physical education and sport. Americans have witnessed the growing interest in sport by all segments of society typified by the fitness boom and the wellness movement. More people are engaging in physical activities of all types, the number of spectators at sport events is growing, and the sale of sport equipment is booming. Sport events receive worldwide coverage. More people of all ages and abilities are aware of more and different kinds of sport and physical activities and have a desire for instruction in skills to participate. New interest has been generated in health and fitness. The wellness movement has increased people's awareness of their responsibility for their own health and has drawn attention to the role of fitness and health in the attainment of optimal well-being. The interest in sport and fitness by people of all ages and abilities has stimulated the growth of nonschool physical education and sport programs for all segments of the population.

Most young persons like sport and other forms of physical activity. They are also concerned with the nation's health and fitness. As a result many young persons are exploring the field of physical education and sport as a possible career. As part of this exploration process they want to know the realm of employment opportunities in physical education





*The growth of sport in recent years has created interest among young and old alike.*

and sport and if they can contribute to this profession. They also want to know the developing trends in the field, and what the future holds for the profession, and the personal and professional qualities that will help them attain success if they choose physical education and sport as a career. Young persons want information that will give them new insights into the true meaning of physical education and sport; a sound philosophy that will guide them in their future endeavors; knowledge of the history of this field and its influence; and an understanding of the physiological, psychological, sociological, and biomechanical foundations on which this profession rests.

This text is designed to expose students to the answers to these and other pertinent and thought-provoking questions. It also will provide insights into the meaning, objectives, and philosophy of physical education and sport. It traces the history of physical education and the changes that have taken place in the field, including the emphasis on movement as a keystone of physical education. This text investigates the physiological, psychological, sociological, and biomechanical



*Aerobic dancing contributes to cardiovascular fitness, muscular fitness, and flexibility.*

foundations of physical activity. It explores a variety of careers, both in the school and non-school setting, with people of all ages and abilities, and describes how individuals can prepare themselves for their chosen careers in this exciting and dynamic field. This text examines physical education and sport teaching and coaching careers; fitness- and health-related careers; and careers in media, management, performance, and other related sport areas. Professional responsibilities, such as providing leadership and attaining membership in professional organizations, are described. Finally, this text discusses the issues and challenges confronting physical educators and the future of physical education and sport.

# Part

## *Nature and Scope of Physical Education and Sport*

