

# Contents

Foreword *vi*



CHAPTER 1  
**Introduction to Kinesiology**  
1



CHAPTER 2  
**Movement Pedagogy** 17

## SOCIOCULTURAL PERSPECTIVE



CHAPTER 3  
**The History of the Study of Human Movement** 37



CHAPTER 6  
**Philosophy of Sport** 125



CHAPTER 4  
**Society, Culture, and Sport**  
59



CHAPTER 7  
**Technology, Sport, and the Body** 143



CHAPTER 5  
**Physical Activity and Sport Issues** 101

**BEHAVIORAL PERSPECTIVE**

CHAPTER 8  
**Growth, Motor Development,  
and Physical Literacy** 163



CHAPTER 11  
**Motor Learning in Practice:  
Skill Acquisition** 239



CHAPTER 9  
**Information Processing in  
Human Movement** 197



CHAPTER 12  
**The Mental Side of Human  
Performance** 265



CHAPTER 10  
**Movement Intelligence: A Vast  
Store of Motor Programs** 215

**SPORT AND CAREER APPLICATIONS**

CHAPTER 13  
**Career Opportunities in  
Kinesiology** 291



CHAPTER 14  
**Sport Management** 309

Glossary 324

Key Terms Index 335

References and Suggested  
Readings 338