

Philosophy of Human Movement

(Ron Jones, MS, ACSM Health/Fitness Instructor)



Activities of Daily Living: A range of physical activities from minimal function and survival to active recreation.

1. Basic: eating, bathing, dressing, bathroom, bed, & mobility.
2. Instrumental: light-heavy cleaning, cooking, wash/iron, & shopping.
3. Advanced: work, travel, & active recreation!

Activity: The condition of *moving about* with physical action.

- Activity can range from simple physical movement to diligent, vigorous, and energetic action.

Athletics: Associated with an individual's *skilled performance* in a sport.

- Athletes play a sport, but not all people who participate in sport are athletes.

Exercise: To practice, strengthen, or *condition the human body* through physical activity.

- More deliberate than just general activity.

Games: Activities that create *winners and losers*.

- Activities can range from simple diversions to competitions with significant outcomes governed by rules.

Leisure: *Freedom* from work and other responsibilities.

- An "attitude" of the participant more than it is a type of activity.
- Freedom to choose one's activities—this may or may not involve physical activity.
- Greeks believed that freedom of choice associated with leisure is the way of life necessary to create a truly democratic community.
- Continuum: leisure<----->work

Physical Education: Concerned with using *movement to change people* in order to help them realize their full potential as human beings.

- The profession charged with preparing teachers to work in education or any area where knowledge is passed from one to another that deals with human movement.

Physical Fitness: A set of attributes that allows the body to *respond or adapt to demands and stress of physical effort*.

- Fitness is specific to ADLs and other physical activities.

Play: *Amusements engaged in voluntarily, for fun, with no limitations imposed on it from within.*

- A more basic category than either sport or athletics. However, play is a characteristic that is common to both sport and athletics.
- Play is a more basic category than sport or athletics.
- Free activity outside “ordinary” life that is not serious but absorbs the player intensely and utterly.

Recreation: The use of time to *refresh or renew one’s strength and spirit*—this may or may not include physical activity.

- How one goes about using their leisure time.
- Puritan’s believed that a proper use of one’s time literally “re-created” an individual i.e. the concept of “re-creation.”

Senses of Body: *Sight, hearing, touch, taste, smell.*

Somatics: Knowing through *subjective awareness of experience.*

- The Wholistic approach to education that is the most efficient and productive. The most effective learning is multi-disciplinary teaching that includes not only “mind” but also “body” education.
- Examples: Teaching culture through folk dancing or *teaching general health through human movement.*
- Note Thomas Hanna’s exercise techniques to “reeducate the body” as well as Feldenkrais, The Alexander Technique, and Neuromuscular Integrative Action.
- *Science is limited and therefore cannot understand the *subjective experience* of human movement and existence.
- Soma=”unified nature of one’s being” which meant “the body” to the Greeks. There is no separation between mind and body i.e. Eastern philosophies.
- To “know,” one must subjectively experience it.

Sport: Competitive physical activity governed by *formal rules and played by individuals and teams seeking to win.*

- Sport is an institution, a socially accepted set of attitudes and behaviors that guide our lives.
- Note that PE has as its goal changing a person, while sport is an end unto itself.

References: CSU, Northridge KIN 626/Philosophic Development of Physical Education; Ron Jones; Oxford Concise English Dictionary.

* Ron Jones (10-6-03)