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.

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