

# **KINE 180 Final Exam Questions And Answers Latest Update**

(WEEK 1)

What is Kinesiology? - - -

**correct answer**  A discipline focused on human physical activity

Physical activity knowledge is derived from: (3 things) - - -

**correct answer**  1) Experience (participate or observe)

2) Scholarly Study (study; only knowledge embedded in university kinesiology curriculum or in research

3) Professional practice (to help others achieve physical activity goals)

Challenges with defining physical activity - - -

**correct answer**  1) Too inclusive - all movements, voluntary or involuntary, performed by humans

2) Too exclusive - voluntary movement intentionally performed for specific purposes; requires a substantial amount of energy

3) Just right - voluntary movement intentionally performed to achieve a goal in sport, exercise, or any other sphere of life experience

# Introduction To Kinesiology Final Exam Answers

**Yi-Tong Ma**



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