

GUIDED NOTES: LECTURE #1

KEY TERMS

1. Applied research
2. Basic research
3. Casual relationships
4. Causal relationships
5. Continuous variables
6. Dependent variables
7. Laws
8. Disciplines
9. Discrete variables
10. Empirical research
11. Theories
12. Experimental studies
13. Field of study
14. Field studies
15. Science hierarchy
16. Independent variables
17. Operational definitions
18. Profession
19. Science
20. Theoretical research

OBJECTIVES

- Provide a definition and description of the area of exercise physiology.
- Describe a discipline and a profession.
- Examine the justification for, and possible structure of a discipline of Kinesiology.
- Describe the discipline of human Kinesiology.
- Describe the terms multidisciplinary, interdisciplinary and cross disciplinary.
- Introduce the major professions and professional association relevant to movement studies.
- Why study exercise physiology
- Describe the major focus of Kinesiology.
- Describe facts, laws and theories.

NOTES

What is Kinesiology?

Method of Acquiring Knowledge

Science Method

General Goals of Science

Hierarchy in Science

Fact Finding

Establishing Laws

Developing Theories

Science Pyramid

The Surety of Science

Empirical vs. Theoretical – Basic vs. Applied Research