

Chapter 2: Pathways to the Pillars

Learning Objectives

- Describe the popularity of kinesiology as a college major.
- Identify two of the most high valued qualities that employers look for in new college graduates.
- Describe three important skills that you will be expected to master during the course of the major in kinesiology.
- explain the differences between teacher-centered and learner-centered approaches to learning.
- List of 5 principles of learner centered approach and describe how these principles may be used in class to enhance learning.
- Describe the differences between the dualistic and holistic views of human beings.
- Describe how actions, such as running, holistically involve all of the sub disciplines of kinesiology.
- Describe how both “good” and “bad” (pleasant/unpleasant) movement experiences can deepen your commitment to bring kinesiology and movement activity to everyone

Guiding Principles

- Guiding principles of the authors
 - Be mentors to you in your pursuit of Kinesiology.
 - Write an accessible but rigorous text.
 - Share our passion for the field of kinesiology and physical activity.
 - Interact with you in a personal yet professional way.
- Guiding principles for you
 - Develop competency skills.
 - Be a learner-centered.
 - Maintain a holistic perspective.

Learning-Centered Approach

- Focus is on student learning vs. what the teacher is doing
- Using the course content vs. simply covering it
- Improve your learning skills and learner awareness
- Five basic principles
 - Balance of power
 - Function of content
 - Role of the teacher
 - Responsibility for learning
 - Purpose and processes of evaluation
- Empowered learner
 - Adequate preparation
 - Develop your own schedule to meet deadlines.
 - Plan ahead.
 - Familiarize yourself with the course syllabus and schedule.
 - Develop strategies to meet your goals.
 - Interacting with the course material
 - Experience course content firsthand.
 - Use observations and interviews.
 - Generate meaningful questions.