

# Practical Content for Beginning Kinesiologists 2e

The authors built this text on the notion that learners who are informed and inspired are better in the classroom, school, and their profession. *Practical Content for Beginning Kinesiologists 2e* offers historical perspectives and timely, future-focused content related to the subdisciplines and careers arising from studies in kinesiology. It is the only resource intentionally built for learning in an online environment, and its content aligns with leading organizations such as the American Kinesiological Association.



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## Why Instructors Love It:

### ACTIVE LEARNING

**Make learning efficient.** Enable students to be more successful with our active learning approach to course and content design.

### SIMPLE SETUP

**Make teaching easier.** Pre-built modules can be used as-is or customized to align with course goals. Streamline course start-up with our course implementation specialists.

### EASE OF USE

**Maximize your time.** Manage multiple course sections easily. Auto-graded components will reduce grading time, so you can increase teaching time.

### REAL-TIME VISIBILITY

**Early intervention, early success.** Data analytics provide visibility regarding course engagement, progress, and success.

### SUPPORTING MATERIALS

**A library of content at your fingertips.** PowerPoint presentations, quiz banks, interactive online chapters, self-assessments, assignments—carefully curated and professor approved.

### EDUCATIONAL DESIGN

**Make it yours.** We supply editorial and educational design support for new course materials. Focus on the content, we'll do the rest.



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Beginning Kinesiologists 2e

# MODULES

## Part I

### **Kinesiology: History, Growth, and Innovation**

Humans Are Movers  
What's Trending in Kinesiology?  
Research in Kinesiology  
Physical Activity and Well-Being

## Part 2

### **Kinesiology: The Academic Subdisciplines**

Philosophy in Kinesiology  
Sociology in Kinesiology  
Psychology in Kinesiology  
Exercise Physiology  
Biomechanics  
Motor Behavior  
Pedagogy

## Part 3

### **Your Path: Kinesiology Focused Careers**

Athletic Training  
Physical Therapy  
Occupational Therapy  
Fitness Training: Personal, Group, and Corporate  
Strength and Conditioning  
Sports Management  
Physical Education Teacher

## Part 4

### **The Human Body: Anatomy, Physiology, and Energy**

The Heart, Lungs, and Blood Vessels  
Cardiorespiratory Fitness  
Bones, Nerves, and Skeletal Muscles  
Musculoskeletal Fitness  
Macronutrients and Micronutrients  
Bioenergetics and Fueling Activities  
Body Mass Index and Body Composition  
Measurement Techniques: Anthropometrics,  
Body Composition, and Energy Needs



We help you create a **SUCCESSFUL**  
learning environment for both the  
**INSTRUCTOR** and the **STUDENTS.**

## Why Students Love It:

- > Engaging activities
- > Visual reminders make assignments, points, and due dates clear
- > Mobile and tablet responsive
- > Straightforward user interface that saves time and effort to make learning easier
- > Help that is always a click away

**Questions? Ready to take the first step?**

contact us at [learnmore@perceivant.com](mailto:learnmore@perceivant.com)

Learn Well. Live Well.  
[www.perceivant.com](http://www.perceivant.com)



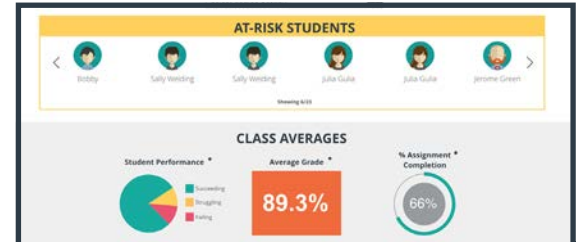
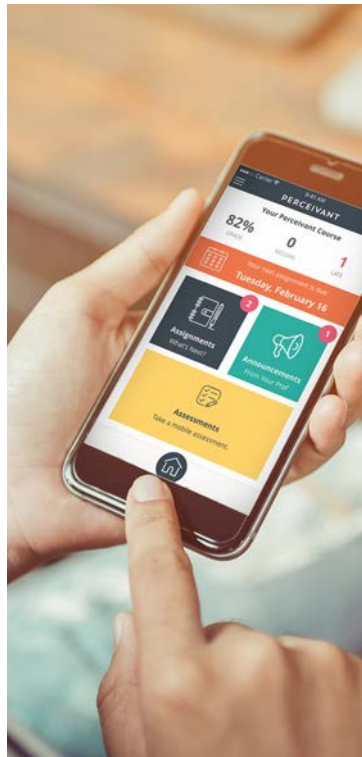
## Additional Course Benefits

### ACTIVE AND AUTHENTIC LEARNING

- » Intentionally written for today's students based on tomorrow's needs with diversity and inclusivity in mind
- » Learning outcomes are defined to prepare and help students connect learning in various contexts
- » Sequenced e-text activities improves reading comprehension gaps and fosters deeper learning
- » Multiple forms of assessment activities are embedded to connect curriculum to higher learning
- » Key historical concepts and terminology are explained in each chapter

### BUILT WITH STUDENTS IN MIND

- » Relevant and applicable content for a better and informed future
- » Academic and career skills threaded throughout the text and activities
- » Completely digital, interactive, and consistent learning experience for students
- » Engaging activities proven to increase student success, engagement and retention



### INSTRUCTOR DASHBOARD

- » Useful analytics displaying student participation, progress, and success
- » Easily identify of "at risk" students based on activity, performance, and behavior
- » Visibility allows for early intervention, supporting a reduction in course DFWI rates

[» More Information](#)

### DIGITAL COURSE DESIGN

- » Pre-built modules can be used as-is or easily edited, making teaching easier
- » Author-developed PowerPoint presentations, quiz banks, and interactive online chapter activities
- » A diverse range of self-assessments, discussions, reflections, and assignments that are instructor tested and will keep students engaged

### INSTRUCTOR COMMUNITY

- » Annual instructor/author forum to discuss teaching tips and future development of materials
- » Content aligned with American Kinesiology Association (AKA) and Commission on Accreditation of Athletic Training Education (CAATE) principles
- » Colorful PowerPoint slides that include teaching notes

### STREAMLINED INTERACTIVE PLATFORM

- » New, smooth, and efficient technology designed to capture student progress, engagement, and assimilation of course material
- » Single sign-on that integrates with many existing LMSs
- » Responsive helpdesk and technology support that is only a click away
- » Desktop, tablet, and **mobile-friendly** interface

[» More Information](#)

