

American Academy of Kinesiology and Physical Education



NEWSLETTER

Spring 1998

Volume 19, No. 1

- [From the President... Jack Wilmore](#)
- [President-Elect's Column... R. Scott Kretchmar](#)
- [Overview of Conference Theme... R. Scott Kretchmar](#)
- [Plan to Attend the Next Academy Meeting](#)
- [Dr. Stephen R. Portch, 1998 AAKPE Keynote Speaker](#)
- [Past President's Column... Rainer Martens](#)
- [AAKPE News Goes Electronic](#)
- [Searching for a Webmaster!](#)
- [Minutes Executive Committee Meeting: Janet C. Harris](#)
- [The Discipline-Profession Issue Revisited: Robert N. Singer](#)
- [Letters to Monty](#)

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Back to [AAKPE Home Page](#)

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Last update: May 11, 1998



American Academy of Kinesiology and Physical Education



NEWSLETTER

Spring 1998

Volume 19, No. 1



From the President ...

Jack Wilmore

Good things are happening! The Executive Committee and all other Academy committees have been very busy over the 1997-1998 academic year which should bode well for the Academy in the future.

Following a very successful meeting in Bloomingdale, Illinois, we were able to find a home for the Academy archives. After many efforts by our Academy members to interest their libraries in housing the Academy...

...archives, Ron Smith and Academy President-elect Scott Kretchmar were able to make a critical contact with Dr. Leon J. Stout, University Archivist at The Pennsylvania State University. Dr. Stout drew up a formal agreement (Deed of Gift) which was circulated among the members of our Executive Committee. They were unanimously in support of the agreement.

A very special thanks to Nancy Struna, our Academy Historian, for volunteering to oversee the transition of materials (many boxes) from the AAHPERD headquarters in Reston, Virginia, to University Park, Pennsylvania. Thanks also to Past-President Robbie Park who also maintained Academy archives at the University of California, Berkeley, for her efforts in bringing all of our archival materials together in one location at Penn State. Thanks to all of

you who had a part in this transfer of our important historical documents. If you have any materials that could be of value for the Academy archives, please send them to Dr. Leon J. Stout, University Archives, C107 Pattee Library, The Pennsylvania State University, University Park, PA 16802-1800. Be sure to identify them as the American Academy of Kinesiology and Physical Education archives' material.

Our committees have been very busy. Steve Silverman and the Membership Committee are in the process of evaluating the credentials of those who have been nominated for their excellence in our profession for membership in the Academy. After the committee has screened through the initial nominees, you will be receiving a packet of nomination forms for all who have been found eligible for consideration by the membership. It is important that we get the leaders in our academic field and profession into the Academy and that the Academy continues to have a strong voice in our academic field and profession. We had a great response this past year, thanks to Past-President Rainer Martens' emphasis on "growing the Academy." Let's keep it going!

Scott Kretchmar has made great strides in setting up this year's annual meeting in Park City, Utah, with the focus on "Telling Our Story." Scott has a number of provocative sessions planned for the meeting and has already lined up a great cast of speakers, including a "must-hear" keynote speaker. Please see Scott's column for more details. Also, Gil Reeve has made excellent progress with the Graduate Program Evaluation Committee. The committee is composed of nine of our most eminent scholars, so we are expecting big things from them in their final report! They will have a sit-down meeting in Atlanta in May or June. Their initial charge is to focus on Ph.D. programs, so if you have anything that you would like to convey to the committee, contact Gil at the following e-mail address: reevetg@mail.auburn.edu. Scott has set aside two sessions at the annual meeting for the committee to provide us with an update of their ideas and plans as well as for us to interact with Gil's committee.

A very special thanks to Rainer and Julie Martens and Human Kinetics for their support of the Academy. They have provided the Academy with many services at little or no cost to the membership. Also, congratulations and thanks to Al Stull for taking on the responsibilities of editing The AAKPE News. This is the first time to try electronic publishing of the newsletter via the world wide web! Again Al, thanks for taking on this responsibility. Gil Reeve will be a tough act to follow! Finally, thanks to last year's speakers for meeting all of our deadlines for submitting their manuscripts. The Academy issue of Quest is scheduled to come out in May, at least two months early!

We hope to see each of you in Park City, Utah, in early October!

[Back to AAKPE Newsletter.](#)

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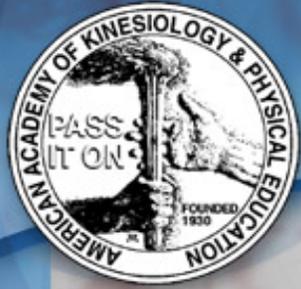
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Back to [AAKPE Home Page](#)

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NEWSLETTER

Spring 1998

Volume 19, No. 1



President-Elect's Column...

R. Scott Kretchmar

Developing the Academy Program this year presented a challenge that I did not foresee when I began this work. This difficulty did not stem from a lack of qualified speakers, an

absence of new research that could be reported, or a shortfall in topics of interest. Besides having to make tough choices among speakers and themes, what then could this matter have been?

The problem is actually a good one because I believe it has been caused, at least in part, by the arrival of what I like to call the post-disciplinary period in our field (in Thomas & Nelson, *Research Methods in Physical Activity*, 3rd ed.). In this era, single-discipline, interdisciplinary, and cross-disciplinary approaches to knowing will still be valid and remain useful. However, post-disciplinary inquiry will require scholars to stray from their disciplinary homes and rely, in part, on knowledge that comes from other places--from years of professional experience, common sense, informed speculations, complex value judgments, and well-honed intuitions. Discipline-generated and grounded information will have to be synthesized with knowledge that does not fit disciplinary models of investigation or tests for significance very well.

This year's conference theme--how we might tell our story more effectively--requires just such a post-disciplinary approach. Saying who we are and what we have to offer, to be sure, rests partly on discipline-based research, information, facts, data. But it does not stop there. It involves the craft of attracting attention, involving our listeners, persuading, and then garnering concrete support. It begs, in short, for good science coupled with passion, communicative skill, and even a bit of wisdom.

Yet, our resumes and often our reputations speak more clearly to the former than the latter because most of us climbed the academic ladder during the so-called subdisciplinary period of kinesiology. Amidst all our research articles, listings of grants, and citations for academic honors, most of us have found it difficult to provide entries that attest directly to our good judgment, to say nothing of our wisdom. Perhaps some of us have found ways, but it still remains difficult for a post-disciplinary program planner like myself to learn and know about that "other side" of our work--that side that tells who we are, what we know, and what we can do beyond our expertise as physiologists, biomechanists, pedagogists, and the like.

Jack Wilmore, I would imagine, faced a similar problem last year. He had to find a number of speakers who were willing to leave their disciplinary homes, at least in part, to offer a variety of experience-based insights, informed judgments, and speculations about why some programs survive (and thrive) and others do not. Undoubtedly, he was less interested in whether a person was a world-renowned sport sociologist than his or her insight into a complex professional dilemma. I have been working to find those kinds of people too--folks who are not just fine kinesiologists but who, for this year's program, have had successful and unsuccessful experiences related to "telling our story."

They will be asked, what works and what does not? How might we shape our argument for different audiences? With all the scientific information about the benefits of the active lifestyle now in our possession, why does our message often appear to have so little impact? When we tell others--such as deans and provosts, legislators, colleagues, and prospective graduate students--about our research and graduate programs, how can we more clearly and forcefully describe their qualities?

In the disciplinary period, members of the Academy who had responsibilities for developing our annual program were often concerned with balancing contributions from the social and biological sciences, pedagogy, the humanities and other categories. Recently, this project has taken on a new face. We have had to ferret out individuals with extra-disciplinary experience and insight--whatever their disciplinary base might be. While challenging, this project is in many ways more exciting. It will allow us to see a number of our colleagues differently, as they address the gentle, complex, and important art of telling our story.

[Back to AAKPE Newsletter.](#)

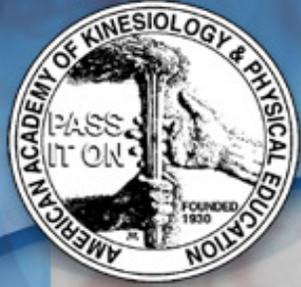
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Back to [AAKPE Home Page](#)

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Last update: May 11, 1998



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Overview of Conference Theme.

R. Scott Kretchmar

The theme for this year's conference will be "Telling Our Story." We are very fortunate to have Stephen Portch, Chancellor of the Board of Regents of the University System of Georgia, as our keynote speaker. (See a short biographical sketch later in the *Newsletter*.) He was recently listed in *Change: The Magazine of Higher Learning* (January/February, 1998) as one of the top 20 most influential administrators in higher education's senior leadership. Credited with garnering unusual degrees of support for higher education from business, the legislature, and other key constituencies in Georgia, Chancellor Portch has considerable experience with communicating the promises of education to a variety of audiences. The provocative title of his address is: "The Toughest Teaching: Capturing Attention, Sketching Pictures, and Touching Humanity."

Major sessions of the conference that follow Chancellor Portch's Thursday evening presentation will address some of the following questions:

1. What are the characteristics of good communication? In general have we in kinesiology and physical education been telling our story effectively? If and where we have, what have we done well? If and where we have not, what have we done poorly? Has our problem been with the delivery? the content of the message? with other factors?
2. How can we best tell about our graduate programs? Should we in the Academy support formal evaluations? If so, what would these evaluations look like? What messages would they send and to whom? What specific values or advantages would

come from this strategy for telling our stories?

3. How well have we communicated with youth--particularly concerning the health and wellness message? Are unusual communication problems faced when telling our story to school boards? To city planners and taxpayers? To inner city constituencies? When we have an exemplary program to show off, how do we spread the word?
4. What success have we enjoyed at the national level? What communication strategies have been employed by AAHPERD, the President's Council on Physical Fitness and Sport, the Centers for Disease Control and Prevention, and through The Surgeon General's Report? How well have these various efforts worked? How might they be made to work better?
5. What does all this mean? (The traditional wrap-up.)

Special Program Note:

This year we will try something new, an experiment that is prompted by the beautiful surroundings of our conference site. Friday morning's session will begin early (a special breakfast program) so that we can clear all Friday afternoon for tours, recreation, exercise, golf, meditation, or any other legal, ethical and self-edifying activities we might choose.

[Back to AAKPE Newsletter.](#)

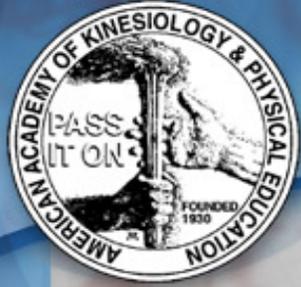
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Back to [AAKPE Home Page](#)

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NEWSLETTER

Spring 1998

Volume 19, No. 1

Plan to Attend the Next Academy Meeting.

When: *October 1-3, 1998*

Where: *Olympia Park Hotel and Conference Center located in Park City, Utah*

The Olympic Organizing Committee carefully selected Utah as the site for the prestigious 2002 Winter Olympics, and following suit, the AAKPE Board chose Park City to be the location of the 1998 Annual Conference! Beginning on Thursday evening, October 1, we'll gather in the 4-star Olympia Park Hotel for what promises to be another great conference (see the separate program listing).

Park City, home to the US Ski Team, is located less than 45 minutes from the Salt Lake City Airport. This turn-of-the-century mining town is in a beautiful spot, nestled below the mountains in a picturesque valley. There's so much to do in the area that you should consider coming early to the conference, staying after, or both! Here's a sampling of what you'll find:

- **Golf** - there are two championship golf courses right in town - where the days are longer and so are your drives! Other fine courses are located in surrounding towns.
- **Hiking** - Utah's loftiest mountain range, the Uinta Mountains, provides a hiker's paradise right next door. Or within steps of historic Main Street are quiet mountain trails above town.

- **Tennis** - courts can be found just a short drive away from our hotel and are available for both day and evening play.
- **Horseback riding** - nearby stables offer everything from one-hour rides to ???
- **Fishing** - world-class fly fishing streams, high mountain lakes, and reservoirs are favorite hiding spots for trout, walleye, perch, and largemouth bass.
- Ninety-plus (90+) restaurants to tempt any palate. You'll find everything from award-winning Northern Italian cuisine to eye-watering Szechwan! Take your choice.
- **Biking** - both on-road and off. Lift-served mountain biking or smooth mountain roads attract bikers of all ages and abilities.
- **Birding** - high mountain lakes and peaks harbor many species, including bald eagles and red-tailed hawks.
- A visit to the Utah Winter Sports Park - a year-round training ground and site of the Year 2002 Olympic Nordic jumping and bobsled/luge events.
- Even the most discriminating shoppers will have a ball in Park City! You'll find everything from one-of-a-kind designer boutiques to handcrafted furniture to fine sportswear shops.

We've obtained terrific room rates for you! A single or double room at the Olympia Park Hotel is only \$79 (plus tax). Or if you prefer a suite, the \$94 rate is certainly reasonable. We'll be sending you registration materials during the summer, but if you'd prefer to book your room now, call 800-754-3279 (435-649-2900) fax 435-649-4852. You might also enjoy checking out the hotel's home page: www.olympiahotel.com.

The conference program was planned to give you more free time on Friday afternoon than in the past. We're in the midst of looking into some fun options for you and details will be included in the summer mailing. We hope to have activities that will appeal to everyone. And Jim Morrow, our golf outing "manager," assures me that once again the golfers are assured of a good time!

So plan now to attend another great Academy "retreat." You'll enjoy an excellent program, good friends, and a terrific setting!

[Back to AAKPE Newsletter.](#)

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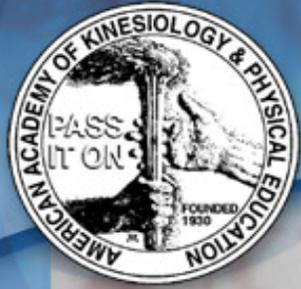
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Back to [AAKPE Home Page](#)

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Last update: June 30, 1998



American Academy of Kinesiology and Physical Education



NEWSLETTER

Spring 1998

Volume 19, No. 1



Dr. Stephen R. Portch...

1998 AAKPE Keynote Speaker

The keynote speaker for the 1998 annual meeting will be Dr. Stephen R. Portch, Chancellor of the Board of Regents of the University System of Georgia. Dr. Portch is the ninth chancellor of the system and is responsible for the state's 34 public colleges and universities. The system is the fourth largest in the nation, with more than 205,000 students, 30,600 employees, and an annual budget in excess of 2.5 billion dollars.

Dr. Portch came to Georgia in 1994 after an eighteen-year career with the University of Wisconsin System which he joined as an assistant professor of English in 1976. He later headed a campus before becoming chancellor of the University of Wisconsin centers from 1986 to 1991 and senior vice president for academic affairs from 1991 to 1994.

A native of Somerset, England, Chancellor Portch moved to the United States in 1974 after earning a bachelor's degree in English at the University of Reading. He holds the Ph.D. and master's degrees from The Pennsylvania State University. He is a widely published author and an accomplished equestrian.

[Back to AAKPE Newsletter.](#)

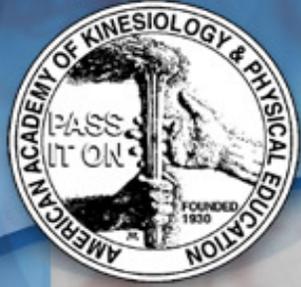
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Back to [AAKPE Home Page](#)

Comments to: webmaster@hkusa.com

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Last update: May 11, 1998



American Academy of Kinesiology and Physical Education



NEWSLETTER

Spring 1998

Volume 19, No. 1



Past President's Column- Past is Prologue...

Rainer Martens

We Academy members are part of the greatest change in our field to ever take place. From the study of traditional physical education, we have witnessed the birth of kinesiology and seen it through infancy and early childhood. Many of you are pioneers in the formation of the subdisciplines that comprise our field--sport biomechanics, exercise and sport physiology, exercise and sport psychology, motor behavior, sport sociology, sport history, sport philosophy, and sport pedagogy.

I believe it is important to record the modern history of kinesiology and physical education, especially the emergence of the subdisciplines, but few historians have shown interest in doing so. The notable exceptions are the several excellent works of Roberta Park, the Academy's 1996 Hetherington Award recipient, and the 1996 book by John Massengale and Richard Swanson titled *The History of Exercise and Sport Science*. Several of the Academy members are contributors to this book.

More recently I've been thinking about the value of recording the biographies of the people who have substantially shaped the history of our field. At the 1996 Academy meeting, Frank Katch expressed the same interest to me. And thus the Academy Executive Committee is

studying this idea and will bring a recommendation to the membership at our October 1998 meeting.

Years ago I had a locker adjacent to Tom Cureton at the University of Illinois during his retirement years. We often chatted about issues in our field as we dressed for activity or showered afterward. I wish I had a recording of some of those conversations so that I could share with others the insights of this pioneer in his own words. With the technology so readily available, would it not be worthwhile for the Academy to create Living Biographies of the leaders in our field?

Here's one way this could be done. As an ongoing project of the Academy, perhaps led by a committee of our emeriti members, "leaders" would be selected for inclusion in the Living Biography project by the committee applying a set of criteria developed for this purpose. The information to be obtained from each person might include the following:

1. A video interview with the person responding to a set of questions with the interview directed by a someone skillful at interviewing and asking follow-up questions. Those interviews could be conducted at Academy meetings or at other locations as opportunities present themselves.
2. A comprehensive curriculum vitae.
3. An autobiography of 50 to 100 pages with the "leader" responding to a prescribed format developed by the committee.
4. Photos and copies of selected papers which the leader would like to have included.
5. Three to five commentaries of 5-10 pages describing the significance of the leader's work written by those who know the leader's work best.

All this information could be digitized and electronically archived. An edited edition could be placed on CD-ROM and made available to the field. Of course, this would involve some work, but if "past is prologue" then would it not be worth the effort to record the work and insights of the outstanding leaders of our field?

As we prepare to study this issue, would you take a moment and let the executive committee know your thoughts about the merit of this project. You can send me an e-mail at rainer@hkusa.com.

[Back to AAKPE Newsletter.](#)

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Back to [AAKPE Home Page](#)

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American Academy of Kinesiology and Physical Education



NEWSLETTER

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AAKPE News Goes Electronic.

This is the first issue in which the *AAKPE News* has been produced electronically. The editor is deeply indebted to Kathy Read of Human Kinetics for her invaluable contributions in setting up the format of this issue and making electronic transmission a reality. Appreciation is also extended to Julie Martens for providing the information about the Olympic Park Hotel and Conference Center, the site of this year's meetings, and the multitude of recreational opportunities available in the Park City area. If you have any comments or suggestions regarding this issue, please write to Al Stull or send an e-mail message to him at alstull@metrolink.net.

[Back to AAKPE Newsletter.](#)

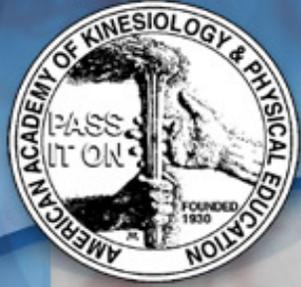
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Back to [AAKPE Home Page](#)

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American Academy of Kinesiology and Physical Education



NEWSLETTER

Spring 1998

Volume 19, No. 1

Searching For a Webmaster!

The Academy needs one of its members to serve as its Webmaster. The Webmaster will recommend, review, and determine the type of materials to be included on the web page and will also take a leading role in developing the specific operating procedures. This position will allow a member to make a significant contribution to the Academy. If you are willing to accept this important assignment, please contact President Wilmore at jwilmore@tamu.edu.

[Back to AAKPE Newsletter.](#)

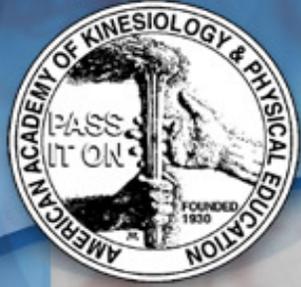
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Back to [AAKPE Home Page](#)

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American Academy of Kinesiology and Physical Education



NEWSLETTER

Spring 1998

Volume 19, No. 1

Minutes of the American Academy of Kinesiology and Physical Education Executive Committee Meeting by Telephone Conference Call ...Janet C. Harris

February 24, 1998

Attendance: J. Wilmore (President), S. Kretchmar (President-Elect), R. Martens (Past President), J. Martens (Conference Manager and Business Manager), J. Harris (Secretary-Treasurer), J. Clark (Member-at-Large), K. Cureton (Member-at-Large), A. Stull (Newsletter Editor).

1. The meeting was called to order at 4:05 p.m. EST by president Wilmore.
2. A motion to approve the minutes of the September 11, 1997 and September 13, 1997 Executive Committee meetings at Indian Lakes Resort was approved (moved by Harris, seconded by Kretchmar).
3. R. Martens gave a brief mid-year financial report for information. The Academy currently has \$36,200 in mutual funds and \$6,000 in a checking account for a total of \$42,200.
4. R. Martens reported that the AAKPE News will appear in electronic form for the first time in May 1998. Editor A. Stull will enter the text and pictures into electronic format and send it to Human Kinetics. HK will put it in HTML format and put it on the web. All members will receive an e-mail message letting them know that it is available. In a special postal mailing, all members will be notified of the new electronic format, and asked to indicate whether they have access to the web. HK will mail a hard copy of the newsletter to members who do not have access to the web. The next newsletter will be available in May 1998.

5. Graduate Program Evaluation Committee. The committee has been working to develop a process and criteria for evaluation of doctoral programs. Chair Gil Reeve requested \$5,000 for a face-to-face meeting of the 9-member committee to discuss plans in more depth and work out the details. After discussion, the EC decided that the costs are reasonable, the project is valuable, and there is a high likelihood that the committee will produce a workable plan. The EC voted to approve this request (moved by Cureton, seconded by Clark).
6. Plans for the next AAKPE meeting to be held October 1-4 in Park City, Utah were discussed by Kretchmar. The keynote speaker will be Dr. Steven Portch, Chancellor of the Georgia higher education system. Change magazine lists him as one of the top 25 "movers and shakers" in higher education. Kretchmar is still working on the details of the other sessions and the specific conference theme. There will be two sessions concerning evaluation of doctoral programs (one for information and one for discussion) headed by the Graduate Program Evaluation Committee. Promotion of the conference beyond the AAKPE membership will occur through newsletters, bulletins, direct mailing, and use of the website.
7. Wilmore reported that the Academy Papers from the 1997 conference will be published in the May 1998 issue of Quest instead of the August issue.
8. Wilmore reported that the AAKPE archives will be located at Penn State. Nancy Struna will be asked to work on getting the AAKPE materials sent to Penn State from AAHPERD headquarters in Reston. Roberta Park has inquired about where to send AAKPE materials she has at Berkeley, and she will also be asked to send them to Penn State.
9. R. Martens reported that he will give some thought to the process and expense of conducting and videotaping oral history interviews with some of the oldest leaders in the field. The matter will be considered further by the EC at the October 1998 meeting.
10. The meeting was adjourned by Wilmore at 5:10 p.m. EST.



Respectfully submitted,
Janet Harris
Secretary-Treasurer

[Back to AAKPE Newsletter.](#)

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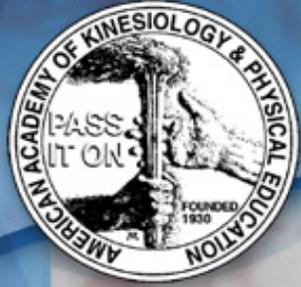
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Back to [AAKPE Home Page](#)

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The Discipline-Profession Issue Revisited: Implications for Kinesiology and Physical Education by Robert N. Singer

Perhaps it's time again to revisit the discipline-profession issue, especially with regard to clarifying the terms, kinesiology and physical education. In the minds of some, these are one and the same entities with regard to the titles of departments and programs. To others, they are not. I would like to offer my own interpretations, especially in the context of present developments and with the hope of offering meaningful perspectives.

In the early 1960s, when much of what many of us do now would have been included in departments of physical education, persuasive arguments were registered to support the notion that physical education was both a discipline and a profession. In other words, a unique body of scholarly knowledge could be identified as well as state certifiable programs of preparing teachers and coaches for the schools. Thus, credibility was established and an issue resolved to the satisfaction of many physical educators.

Moving quickly to what is happening now and anticipating future possibilities, the major issue is not the same. Former physical education departments have more frequently changed their titles-and missions. Nonetheless, are we still drinking from the same stuff except with different labeled bottles? Is kinesiology the discipline for the profession of physical education and, therefore, a natural and beautiful singular relationship can and should be established? Or, are there more obvious or subtle complexities in attempting to view this situation?

My reality suggests that the discipline of the study of human movement, whatever it is called

(let's go along with a more popular term, kinesiology) is thriving and expanding. It is associated with such sub-disciplines as biomechanics, exercise physiology, motor control and learning, pedagogical science, sport psychology, and others. And, indeed, these sub-disciplines potentially contribute in a significant way to the profession of physical education and in the preparation of teachers. Furthermore, reciprocity is apparent in that many of the problems associated with the teaching-learning process and various ideal outcomes for students in programs have served as fuel for researchers to study and, ideally, to resolve.

Some would say that there is a house divided today, with kinesiologists and physical educators going in separate directions. Presumably, a non-healthy situation is evolving. Why can't we be together, like in the old days, is a question raised by those scholars/educators who remember those days.

The answer is simple. These are new days. Lots of things are happening. What's happening is not necessarily bad, but rather a reflection of changing times which are associated with diverse configurations and possibilities as well as occupational opportunities. Putting it simply: The profession of physical education is not the only potential client for the discipline of kinesiology. In addition, the scholarly endeavors that kinesiologists initiate are not necessarily meant to be targeted solely to the real-world concerns of physical educators.

By example, potential consumers of the knowledge generated may be would-be or practicing physicians, physical therapists, occupational therapists, athletic trainers, fitness/wellness specialists, and other health and medical professionals who are clinically oriented versus classroom oriented. Yet other consumers may be those interested in a sport management profession and experiences in a school of business.

From a different perspective, kinesiological scientists do not necessarily only focus on practical applications. More and more involvement in scholarly relationships across colleges, departments, and centers at a particular university may yield valued basic research and therefore expand a particular body of knowledge. The point is that there is overlap and yet distinctions between what physical educators study and do, and what kinesiologists study and do. I don't see this as an issue. I merely believe that kinesiologists have expanded their horizons and each of kinesiology's sub-disciplines has narrowed its focus. I don't think that there is any loser in this scenario.

Figure 1 suggests that many sub-specializations potentially form the basis of a unit called kinesiology. It is interdisciplinary with a unique focus on the study of human movement. In turn, the courses that kinesiologists teach and the research that they produce can contribute to many professions-besides physical education, as well as many disciplines. Example professions could be medicine and health and the work of exercise physiologists, biomechanists, and motor control specialists. Example disciplines could be chemistry, physics, physiology, and psychology. (See Table 1.) At many major research universities, relationships are being established between each kinesiological science and one or more other related disciplines (e.g., engineering and physics for biomechanics, psychology and the neurosciences for motor control, and physiology and medicine for exercise physiology).

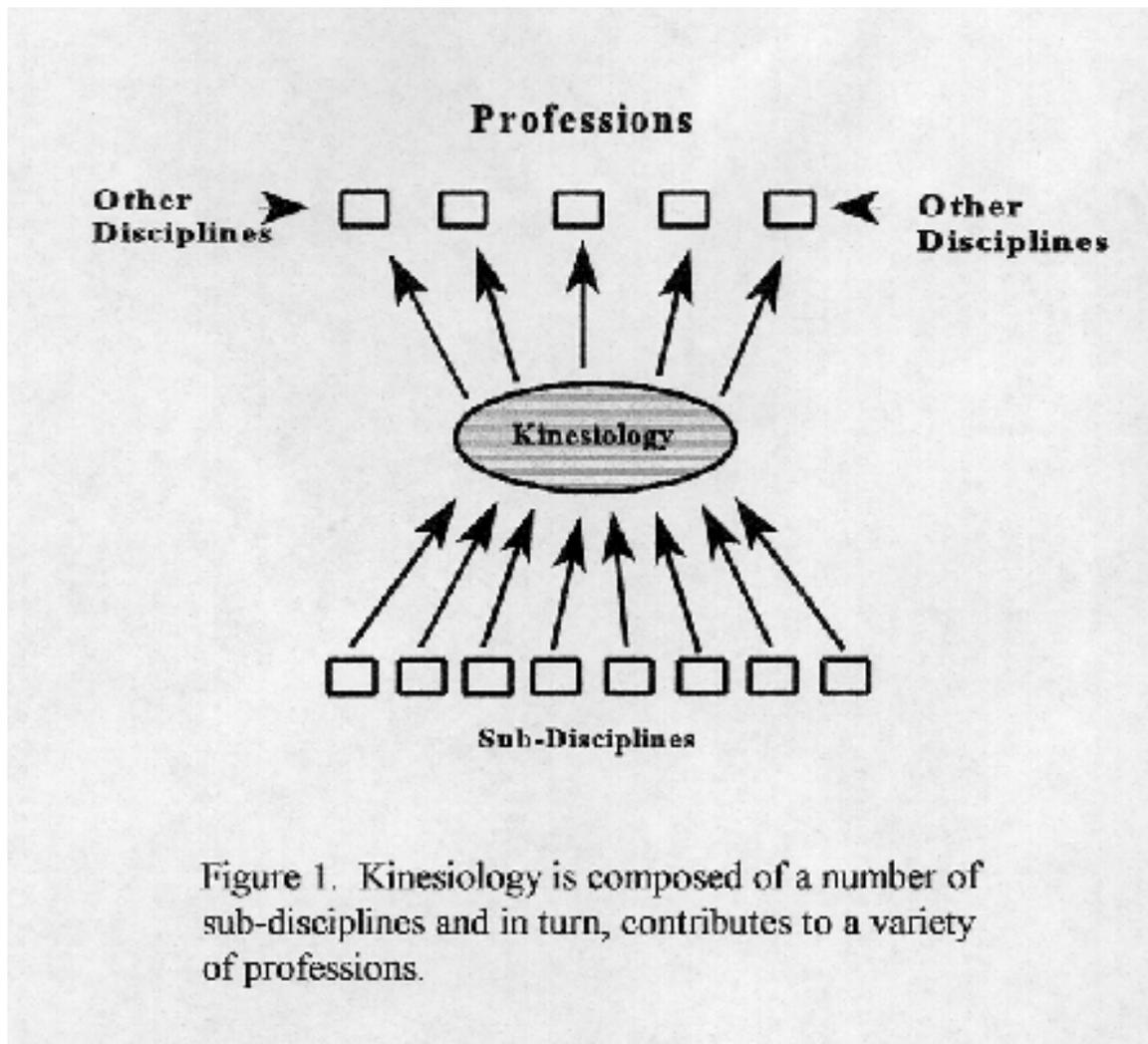


Figure 1.

Example Professions and Disciplines That a Department of Kinesiology Might Connect with and Example Specializations Associated with Kinesiology

Professions	Disciplines	Kinesiological Specializations
Medicine	Physiology	Exercise Physiology
Engineering	Mechanics	Biomechanics
Health-Related	Neurosciences	Motor Learning/ Control
Education	Learning & Instruction	Pedagogical Science

Psychology

Psychology

Sport Psychology

Table 1.

The major fall-out, however, is the declining interest at major research universities to produce physical educators with doctorates. Faculty members at these kinds of institutions are generally expected to compete favorably in the contract and grant arena and in other ways (e. g., producing many scholarly articles in prestigious journals) associated with gaining promotion and tenure. Physical education is a low probability area for external funding. Thus, decreasing numbers of Ph.D. physical educators are being hired in major research universities and decreasing numbers of such students are being prepared. Also, those representing the various sub-specializations find strong relationships with typically "central" units, units perceived of as being significant (such as in arts and sciences, medicine, health professions, and engineering). There is less interest in bonding with colleges of education unless a kinesiology department is housed in a college of education at a particular university.

Non-major research universities may do a better job in the preparation of physical education majors than major research universities because faculty are not typically under so much pressure to attain grants and to publish. Furthermore, the movement scientists in this situation are more likely to be tuned in to the needs of physical education and should teach accordingly, as well as produce scholarly substance more in line with physical education.

We need to refocus our energies from debating kinesiology-physical education and discipline-profession relationships to generating outstanding missions and programs in the context of the uniqueness of each university and state. Faculty expertise and objectives of academic programs should be in line with the mission of the college and university in which these programs are housed. They should be connected to the special needs in communities and in states.

It's no longer a question of a house divided with regard to those with primary interests in physical education versus kinesiology. New houses have been built. Passions and sentiments aside, we need to deal with realities. The young physical educators of today and tomorrow may perceive little need for and value in the science that many kinesiologists are producing. Likewise, kinesiologists may not focus on topics of concern to physical educators but rather toward areas of interest related more to other professions and disciplines.

It's not the end of the world. It's a new beginning.

Editor's note: In an attempt to facilitate thoughtful dialogue on critical issues facing kinesiology and physical education, the editor encourages reactions (send email: alstull@metrolink.net) to Professor Singer's essay and invites Academy members to submit for possible dissemination other position papers on important and timely issues.

[Back to AAKPE Newsletter.](#)

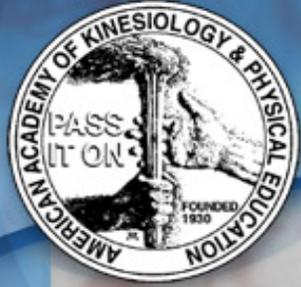
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Back to [AAKPE Home Page](#)

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American Academy of Kinesiology and Physical Education



NEWSLETTER

Spring 1998

Volume 19, No. 1

Letters To Monty

December 1997

Dear Henry,

Although I was in fairly good physical condition before coronary by-pass surgery last June, I am in far better shape now. I exercise at least one hour per day six days per week, swim at least three-quarters of a mile three days weekly, workout at a rehab facility twice a week with at least twenty minutes on the treadmill, and walk once a week at about four miles in an hour.

I continue to edit the *Journal of the International Council for Health, Physical Education, Recreation, Sport, and Dance*; serve as an associate editor for *Palaestra: Forum of Sport, Physical Education, & Recreation for Those with Disabilities*; and am a contributing editor of *From the Gym to the Jury*.

Last May I attended in Quebec the 11th International Symposium for Adapted Physical Education, an organization in which I was much involved during its formative years. I was honored with the Elly D. Friedman Outstanding Professional Award, the fourth recipient and only the second from the United States.

During the year I was actively involved officiating track meets held at the University of Tennessee at Knoxville. Most were big college meets, although a couple involved high school teams from all over the South. Helping in these meets provides a great deal of pleasure even though the hours are very long. On several occasions both men's and women's teams from George Mason have taken part in some of these meets. It is always good to see and talk with coaches of these teams.

The Academy members are in my thoughts quite often. If (when) your travels bring you to East Tennessee (we are about 30 minutes from Knoxville and just over the hill from Oak Ridge), let us know, and plan to visit Our Home on the Hill. In the meantime, the very best during 1998.

Sincerely,
Julian Stein, Fellow #281

April 1, 1998

Dear Henry,

When you retire you find that the freedom from responsibility is a misnomer. It seems that everyone (including community organizations, your church, state and national groups, and even neighbors) thinks that you are the most available person to head up certain projects. So you select one or two things you prefer to do and no more.

I play golf once or twice a week. My wife and I walk two or more miles a day. I belong to the local Kiwanis Club and participate in their several endeavors. I served as president at one time and now am the greeter.

Gardening is a great outlet for us older people. My wife and I grow flowers, plants of popular varieties, and vegetables. We always have enough to share with our neighbors and friends. Often I go into the woods nearby and gather persimmons, paw paws, and blackberries which we store in the deep freeze or use in breads and desserts.

The Motor Control Section of the Kinesiology Department at Indiana University has invited me to come back once a week to be a part of a research team involving the elderly. I am involved enough to be invited to present some of our findings at an international meeting.

Keeping up with former students is a delightful experience, especially if they are living up to their potentials, and I am always pleased to hear from them.

Sincerely,
John M. Cooper
Emeritus Professor
Indiana University

April 1, 1998

Dear Henry,

Since retiring, other than the Amy Morris Homans Lecture and the Academy meetings in New Orleans years ago for the Hetherington, I have not been involved in professional activities but have managed to keep busy. Ruth Wilson and I moved from Seattle to Rancho

Bernardo in San Diego and for ten years were very involved in civic activities in that then-developing community. We then moved to Regents Point, a Continuing Care Retirement Community, in Irvine, California. Since it was new at the time (1982), I became deeply involved in the organization of the Residents' Association and served as its second president.

I have continued to be involved in many activities. At the present time, I teach an exercise class, run the duplicate bridge, sing in our chorale, work in our café two afternoons each week, attend a Bible study, am chairman of the Gifts Committee, and visit weekly with several persons in the personal care and skilled nursing facilities. I also have season tickets to two repertory theaters, occasionally attend the theater or symphony at the Performing Arts Center on in Los Angeles and take short trips with our trip committee.

I have taken many wonderful cruises (New Zealand-Australia, Orient, around South America, Greek Islands, Malaysia-Thailand) as well as a trip to Austria, Italy, and Switzerland. Except for short trips, I feel my traveling days are over.

I enjoy reading Academy publications, but have not been able to attend meetings so have no comments "for the good of the Academy."

I send greetings to all Academy friends.

Sincerely,
Marion Broer, Fellow #144

May 4, 1998

Dear Monty,

I have delayed answering your letter as I really have very little to say. I recently celebrated my ninety-fifth birthday, still live alone, drive locally, and lawn bowl when the weather permits. I have little association even with the University of California. Last spring I was told officially that I am now Emeritus Professor of Integrative Biology. Our department under any title no longer exists.

The other day I had lunch with Marion Broer, Vera Skubic, and Margie Hanson, the latter here for a brief visit. So there are some professional contacts that I still enjoy.

Best regards to those Academy members whom I know!

Sincerely,
Anna Espenschade, Fellow #77

[Back to AAKPE Newsletter.](#)

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