



# Introduction to Kinesiology: The Science of Human Physical Activity (Second Revised First Edition)

By Marilyn Mitchell

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*Introduction to Kinesiology: The Science of Human Physical Activity* outlines the major concepts, principles, and experimental findings for the curious yet serious student interested in the field of kinesiology. Like most fields of science, it is important to provide kinesiology students with a textbook that covers the historical development of the field, discusses career opportunities, and provides the groundwork for future coursework. It is also important to clearly articulate the limit and scope of kinesiology by defining core knowledge and to emphasize the cross-disciplinary nature of kinesiology. *Introduction to Kinesiology* was designed to meet all of these requirements.

To improve the readability and the retention of the material, the chapters in *Introduction to Kinesiology* contain several features, including:

- Student Objectives
- Important Terms
- *Integrating Kinesiology: Putting It All Together* - questions and exercises
- Section and Chapter Summaries
- *Kinesiology on the Web* - web links for more information

**Marilyn Mitchell, Ph.D.**, is a professor in the Department of Kinesiology at San Francisco State University, where she teaches Motor Learning, Neuromotor Control Processes, and Introduction to Kinesiology. Dr. Mitchell earned her Ph.D. in physical education at the University of Wisconsin-Madison with a specialization in Motor Learning and Control. She served as Chair of the Department of Kinesiology at the University of Colorado at Boulder. She has also served as president of the North American Society of Psychology of Sport and Physical Activity. Dr. Mitchell is a fellow in The National Academy of Kinesiology.

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