

The American Kinesiology Association

POSITION STATEMENT #2

AKA Clarifies the Definition of Kinesiology

The American Kinesiology Association defines kinesiology as “the academic discipline which involves the study of physical activity and its impact on health, society, and quality of life” (www.AmericanKinesiology.org) As a discipline kinesiology draws on several sources of knowledge including knowledge gained from personal and corporate physical activity experiences, professional practices centered in physical activity, and knowledge gained through scholarly study and research of physical activity itself. Although the discipline is most often associated with the latter of these, the AKA recognizes that the body of knowledge of kinesiology is informed by and defined by the other two sources as well. Ultimately, the uniqueness of kinesiology as a discipline is its embrace and integration of a multi-dimensional study and application of physical activity— biological, medical and health-related aspects, but also psychological, social-humanistic, and a variety of professional perspectives as well. Although individual departments may choose to shape their curricula and research agendas around select aspects of the discipline such institutional preferences should not be interpreted as a complete and comprehensive definition of the discipline