

## RECENT PUBLICATIONS

### Book reviews

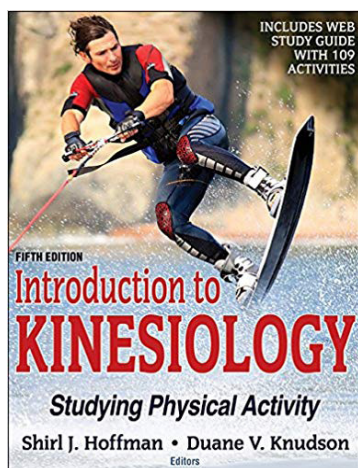
**Introduction to kinesiology: studying physical activity.  
Fifth edition with web study guide**

(Introducere în kinesiologie: studiul activității fizice,  
ediția a 5-a, cu ghid de studiu pe web)

Editors: *Shirl Hoffman & Duane Knudson*

Human Kinetics, 2018

488 pages; price: £ 111.99



Whenever a book is released in successive versions, this speaks not only about its value and interest, but also about the dynamics of the field it addresses, and the book we present this time is already at its 5<sup>th</sup> edition now, in less than two decades. A record very difficult to match by a scientific work but easy to understand nowadays, when after realizing the integrated nature of the mind and body, physical activity (PA) has started to be considered a real signature of humanity.

Just from the first edition of this work, the editors - Shirl J. Hoffman and Duane V. Knudson, professors of kinesiology and biomechanics, respectively - primarily intended to deliver essential knowledge to students attending courses in PA, kinesiology, and exercise and sport science, but also to be of help to all practitioners involved in sport and exercise science professions. So that once again, continuing to maintain the three-section structure, apart from delivering key concepts, theories and explanations to long-standing issues that kinesiology professionals are confronted with, the present version comes with new and/or updated specific perspectives and solutions in the recently connected fields of the profession;

e.g. public health, allied health, evidence-based practice, equality, etc., all this copious information being offered through the text and the extensive ancillaries attached.

The first part – “Experiencing PA” - starts with the 2<sup>nd</sup> chapter, which develops the 7 spheres of PA experience, namely the spheres of self-sufficiency, self-expression, work, education, leisure, health, and competition. Then, after explaining what “PA as a signature of humanity” means (see an excerpt here: <http://www.humankinetics.com/excerpts/excerpts/physical-activity-as-a-signature-of-humanity>), the 3<sup>rd</sup> chapter continues with demonstration that PA experiences mainly depend on subjective factors that affect people’s enjoyment, which finally makes the subjective experiences of clients so important to kinesiology professionals.

Part II contains 7 chapters and is dedicated to “the scholarly study of PA”. Consequently, it first deals with the philosophy, history and sociology of PA, the other 4 chapters presenting the essential topics related to the field of motor behavior, exercise psychology, biomechanics and physiology, respectively. All the chapters of this part have the same structure, with 4 subchapters. They explain why the respective knowledge is necessary to kinesiologists, what specialists in this field do, and which its history and research methodology are.

The last part, “Practicing a profession in PA”, consists of 6 chapters and is of particular interest for professionals and decision makers from physical education faculties in Romania. This is so because although formally, the professions in PA are already distributed to the same directions as in USA or other developed countries – i.e. health and fitness (chapter 12), therapeutic exercise (13), physical education (14), coaching and sport instruction (15), and sport management (16), while the curriculum and especially the knowledge effectively acquired by students at the time of graduation is far from what a professional in the field really needs to know. The explanation is that - similarly to what was happening during the communist period both regarding the entrance examination and the study period - the greatest part of interest and time continues to be allocated to practices in different sports, not to the core theoretical knowledge and practical skills specific to the future profession.

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