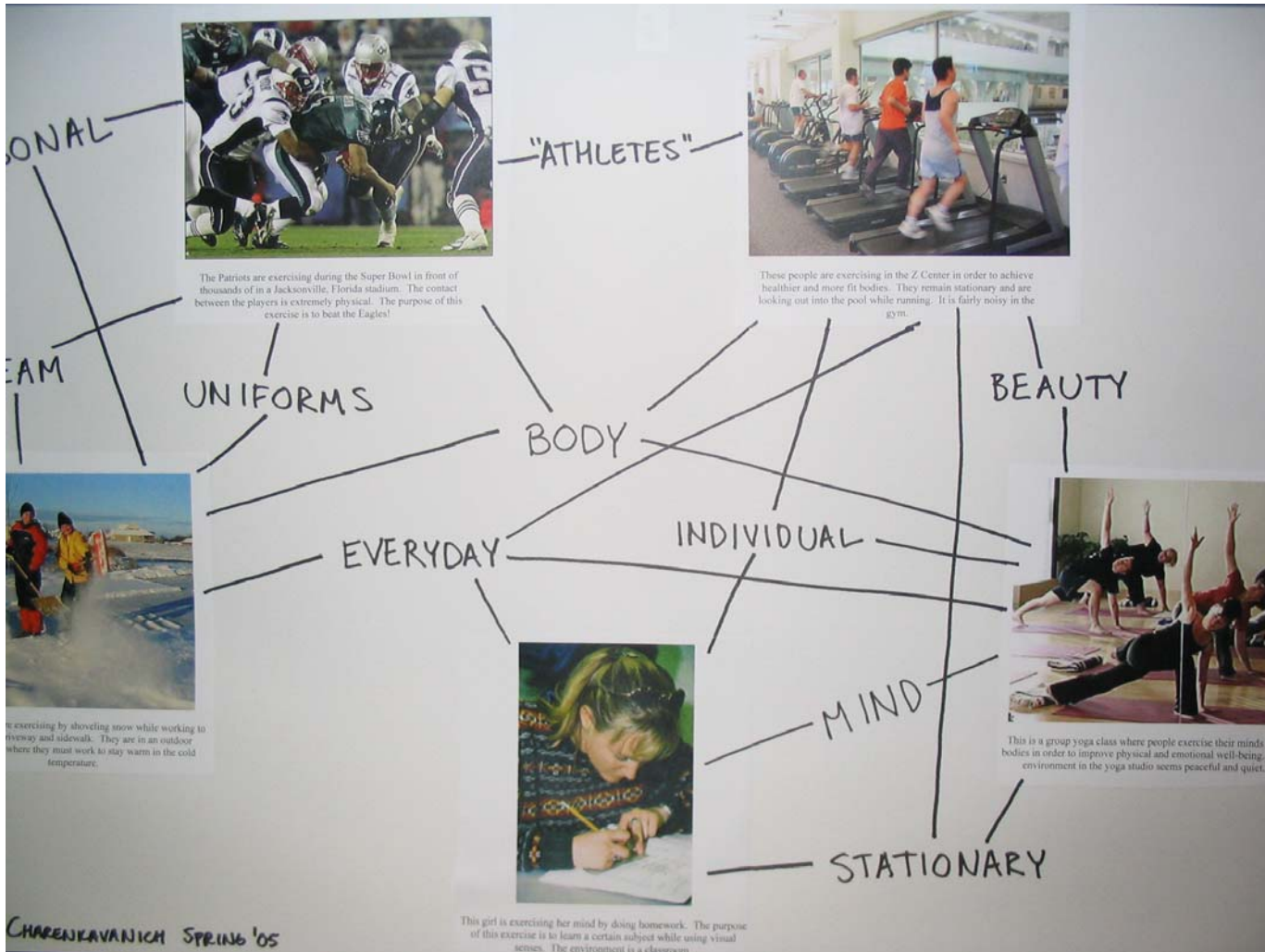


PE for ME: Images from class 2.

Concept Maps



Panasaya's concept map.

Concept Map

By Greg Fonder



Cross Country Skiing

Involves physical endurance of the whole body. Unlike team sports, the stress on the body is present from start to finish with no breaks. The purpose of cross-country skiing is to traverse a long snow-covered or dirt or gravelly trail. This sport is done for fun and exercise but in many areas of the world, it is also an athletic practicality. The most important sense used is sight because besides being the best, a skier also has to choose the best route, spot in pass, and perceive what is to come. Cross-country skiing is often made on heavily traveled skiable terrain.



Soccer

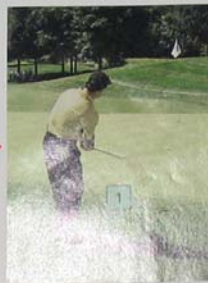
Involves a combination of physical and mental endurance. Most of the physical stress is on the lower half of the body, requiring it to hold the ball in the air. Soccer is also a team sport, so the player must work with others on the field. Soccer is also a game of strategy. Having a keen eye for the ball is essential for all the other players. Soccer is a game of strategy. Having a keen eye for the ball is essential for all the other players. Soccer is a game of strategy. Having a keen eye for the ball is essential for all the other players.

Individual Sports

Professional Sports

Endurance

Team Sports



Golf

Involves one controlled motion and the repeatability of it. Most of the stress is on the lower back and torso, but slight fatigue affecting one's game can cause a great deal of mental stress. The purpose of golf has little to do with physical prowess, but more with one's control of the golf ball. Golf is used mainly for entertainment but also as a way to relieve stress and relax. The most important senses used are tactile, for the feel of the club and terrain, and visual, for the layout of the course greens and bunkers. Golf is played only outside because it requires multiple quarter mile long paths per course.



Basketball

Involves a combination of physical and mental endurance. Most of the physical stress is on the lower half of the body and the arms, requiring both to remain coordinated while hanging. It also requires mental stress on the player to stay aware of the ball's location and the location of all the other players playing both offense and a fast for the ball are the most important senses used when playing soccer. The stress is mostly mental and it requires a specific direction of head with focus in their own game. Soccer is an athletic and competitive game and is the most popular sport. The stress of such team sports adds to the excitement of a game.

Fun

Recreational Activity



Playing with a pet

Involves one controlled motion and the repeatability of it. Most of the stress is on the lower back and torso, but slight fatigue affecting one's game can cause a great deal of mental stress. The purpose of golf has little to do with physical prowess, but more with one's control of the golf ball. Golf is used mainly for entertainment but also as a way to relieve stress and relax. The most important senses used are tactile, for the feel of the club and terrain, and visual, for the layout of the course greens and bunkers. Golf is played only outside because it requires multiple quarter mile long paths per course.

Greg's concept map.



Viewing concept maps.

Five Exercise Activities



Hiking: Outdoor activity; can be done in groups. No competition, good aerobic exercise, and you get to enjoy nature as well!



Tennis: Played indoors or outdoors, team or individual. Match style competition requires good coordination and physical training.



Snowboarding: Fun outdoor activity requires coordination and edge control on a board.



Wakeboarding: Similar to snowboarding, but on water and requires a boat.



Darts: Precision sport, fine motor control, match style.

Tyler's concept map.

Getting to Work



Getting to work.



Getting to work.



Getting to work.

Build a “Machine” That Exercises Your
Relationship to Gravity



Resistance running.

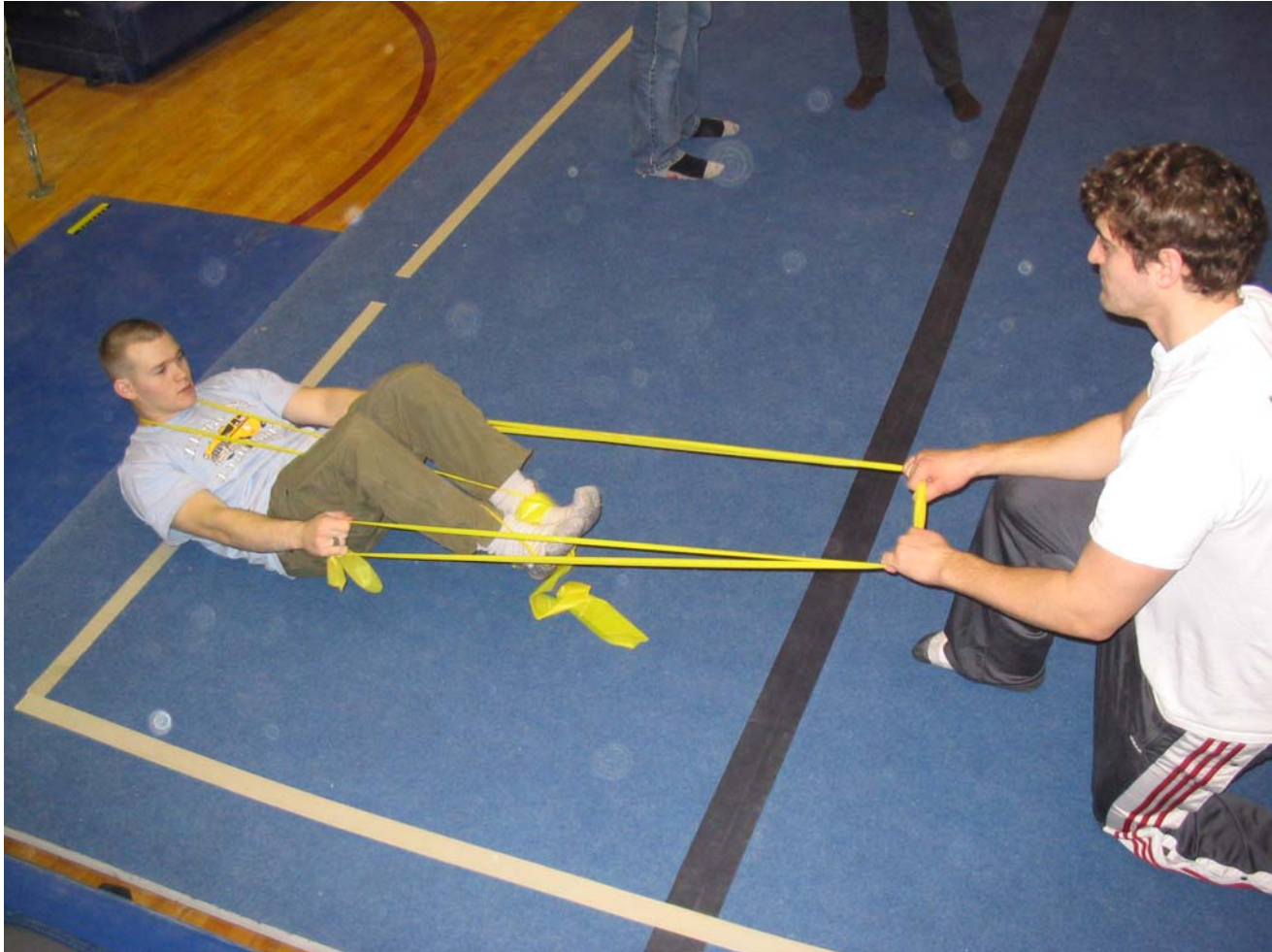


Antigravity.



Rings.

Build a “Machine” That Exercises Your
Body as a Whole



Reverse situps.



Prep for flying training.



Flying training.



Air running.

Build a “Machine” That Exercise
Perception



Exercise machine built for two.



Hands become eyes.

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