

School of Kinesiology and Physical and Health Education Essay

In 300 words or less, (approximately 1950 characters with spaces), please provide a written response in paragraph form to the following question.

Everyday in society, physical activity is pursued in many ways, ranging from informal daily tasks such as chores, walking to school, and propelling one's wheelchair, across the spectrum to highly organized and/or competitive sport. Here in the School of Kinesiology and Health Studies, we study human movement in its many forms. We examine the role of physical activity in promoting physical, mental, and social health and well-being from the level of the individual to society. With that in mind, please tell us why you are interested in being admitted to the Kinesiology or Physical Education program offered by the School.