

the field of physical activity

a traditionally
male dominated
domain



a traditionally
female dominated
domain

measuring

non-measuring

non-measuring

outdoor life

e.g. forest promenade

play and

Ling-
fitness- gymnastics
gymnastics

expressive
aesthetic

e.g. modern dance

competition

e.g. track and field

every day life

e.g. active transport

basic forms of physical training:

aerobic, anaerobic, strength, flexibility and coordination