



KNOWLEDGE BASE & PRACTICE IN EXERCISE MEDICINE



Exercise
Medicine
Ghana

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Presented by: Professor Reginald Ocansey

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UNDERSTANDING & DEFINING KNOWLEDGE & THINKING



- What do (or should) practitioners know? What domains or categories of knowledge are important for practice?
- How do practitioners know? What is the nature or form of various kinds of knowledge needed for practice?
- How do practitioners think? What thought processes underlie practice (Clinical/group)?



UNDERSTANDING & DEFINING KNOWLEDGE & THINKING



Questions are motivated, in part, by the connection between how **practitioners practice** and what **practitioners think, know, and believe**



DOMAINS OF KNOWLEDGE



General Knowledge-
e.g knowledge of
subject matter content
or clinical principles



DOMAINS OF KNOWLEDGE



Specific Knowledge- e.g

- knowledge of the particular students being taught or client receiving treatment and
- what has taken place in a particular class or treatment session



DOMAINS OF KNOWLEDGE- CAVEATS!



- With any set of categories or domains of knowledge,
 - -it is important to keep in mind that these systems are used to bring conceptual order to knowledge that is in reality complex and interrelated.
 - -the various categories of knowledge are not discrete entities, and the boundaries between domains are fuzzy at best



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CATEGORIES OF KNOWLEDGE



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- What categories of knowledge of knowledge should be focused in the training of personnel to support the community of holistic wellness?



PEStt CATEGORIES OF KNOWLEDGE



Suggestions *(Crafted from a 1987 article by Shulman on knowledge base)*

- Knowledge of subject matter content
- Knowledge of general practice/pedagogical principles and strategies
- Knowledge of clients/learners, their characteristics, and how they learn/respond to treatment
- Knowledge of educational/community of wellness contexts
- Knowledge of educational/community of wellness goals, purposes, and values



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CATEGORIES OF KNOWLEDGE



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Immediate Focus- categories that are central to daily practice:

- general pedagogical/practice knowledge
- knowledge about learners/clients and
- knowledge of subject matter