

Applying Eloquentia Perfecta in Kinesiology: Fostering Critical Thinking and Moral Reflection for the Common Good.

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Kinesiology is the study of human movement including the examination of muscular physiology and foundational principles of physics as applied to joint movement through muscular contractions. It helps form the foundation of knowledge in the field of exercise science. Students learn content needed for their future practice as they help athletes, clients, and patients. In student's future careers in exercise science, learning novel techniques and integrating contemporary topics will be an important part of staying current within their professions.

As within Ignatian Pedagogy, this project was created to prepare students for a rapidly changing and diverse society, where topics in kinesiology are contemporary and varied. It encouraged critical, analytical, and creative approaches to solving problems with fellow students. In addition, it challenged students to develop active learning techniques and reflect upon skills that will enable them to contribute to the greater good – emphasizing “eloquentia perfecta”.

Jesuit eloquentia perfecta is a form of Christian rhetoric based on an Ignatian pedagogy which is aimed at educating the whole person and producing men and women for others. Developing this rhetoric in modern classrooms may be more difficult today than has been in the past because some fields of study, such as exercise science, have become more diverse and digital (Gilger, 2013). However, this educational tradition continues today as educators develop their pedagogy at several Jesuit institutions (Mailloux, 2013). For instance, St. Louis University has a Center for Eloquentia Perfecta to “further the work of the University's written and oral communication courses in providing students with tools to meet challenges when called on to contribute to ethical public discourse throughout their university careers and beyond” (Center for Eloquentia Perfecta, n.d.). The goal of this project was to help students in EXSC 200: Kinesiology apply content from the course and reflect on how they can contribute to the greater good as engaged and compassionate professionals.

In the required textbook for this class, each chapter included a “Clinical Insight” and a “Consider This”, which highlighted a topic in kinesiology that bridges the gap between the classroom and the student's future career. Each student was asked to complete a group presentation and facilitate an activity with the class based on a “Clinical Insight” or a “Consider This” from a chapter throughout the semester. Furthermore, each student was asked to complete a reflection after they complete their presentation and activity describing how their topic allowed them to contribute to the greater good as engaged and compassionate professionals – based on eloquentia perfecta. The groups, topics, and dates were randomly assigned at the beginning of the semester.

Students incorporated Jesuit eloquentia perfecta during each component of this project: 1) the presentation which allowed students the opportunity to become proficient in writing and speaking on a subject in kinesiology that is new to them, 2) the class activity allowed students to implement novel methods in being creative by planning an effective, enjoyable group activity and facilitating learning with their peers, and 3) the student reflection described how their

presentation and activity challenged them to contribute to the greater good as engaged and compassionate professionals in their future careers.

Student Reflection Responses

- “This project allowed me to use critical thinking to explain a concept to the class by looking at visuals, giving examples, and applying what we learned in class to the future work field.”
- “We decided to make our class activity interactive and make it seem like they were in a clinician/patient setting themselves to help let them get an idea of what their future could possibly look like.”
- “...it allowed us to be creative and pushed us to become more informed about a topic.”
- “I plan to be a sport medicine physician, so being able to answer questions of concern for others is going to play a big role in my future career as it requires a lot of critical/logical thinking and compassion.”
- “I am personally very excited to continue to carry out Xavier’s mission of helping others through service in my career.”

References

1. Gilger, P. L. (2013). Talking Back: Eloquentia Perfecta in the Digital Age. *Conversations on Jesuit Higher Education*, 44(1), 25.
2. Mailloux, S. (2013). A good person speaking well: Eloquentia perfecta in US Jesuit Colleges: A brief genealogy. *Conversations on Jesuit Higher Education*, 43(1), 6.
3. *Center for Eloquentia Perfecta*. (n.d.). St. Louis University Madrid. Retrieved December 15, 2021 from <https://www.slu.edu/madrid/academics/academic-resources/center-for-eloquentia-perfecta.php>

From Course Syllabus:

Course Title: Kinesiology **Course Number:** EXSC 200
Credit Hours: 3 hours **Term:** Spring 2022

Catalog Description:

The study of human movement including analysis of muscular physiology, biomechanics, and principles of physics as applied to joint movement through muscular contractions. Prerequisites: BIOL 140 & BIOL 141 or BIOL 160 & 161 with at least a “C”.

Course Objectives:

1. Demonstrate an understanding of functional anatomy and biomechanics of the human body
2. Understand the basic biomechanical principles, which govern human movement
3. Recognize and describe the architecture of the major joints and muscles related to human movement
4. Identify the origins, insertions, and nerve innervations of the major muscles related to human movement

5. Apply knowledge of musculoskeletal system and basic biomechanical principles to motor skill assessment, strength training, flexibility training, and rehabilitation

Required Textbook:

Mansfield, P. and Neumann, D. 2019. Essentials of Kinesiology for the Physical Therapist Assistant, 3rd Edition. Mosby Elsevier.