

Community Development and Well Being as an Integral Part in Advancing a Holistic Human Kinetics Discipline

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Abstract: *Community development and well-being are increasingly recognized as socio-environmental factors that shape the physical, psychological, and social dimensions of human life. Human Kinetics develops human capacities through movement, contributing to both individual growth and community well-being. However, the discipline must adopt a more holistic framework that integrates physical, psychosocial, and community dimensions. This paper aims to (1) examine the role of community development in Human Kinetics, (2) determine how community development and well-being influence movement and health, (3) propose a conceptual model integrating these constructs, and (4) identify research and practice gaps. A literature review of studies published from 2000 onward was conducted using Google Scholar. Keywords included community development, well-being, human movement, physical activity, Human Kinetics, psychosocial health, physical space, and social capital. The review found that social capital, community trust, cohesion, supportive physical environments, safety, and community policies promote motivation, psychosocial well-being, and participation in physical activity. Programs integrating community development, well-being, and human movement produce broader and more sustainable outcomes than approaches focused solely on physical performance. The findings support a conceptual shift in Human Kinetics toward a holistic framework that incorporates community development and well-being into research, education, interventions, and evaluation to improve individual and community health.*

Keywords: *holistic health, integrative human kinetics, physical space, social capital*

1. Introduction

The constitution of the Republic of the Philippines (1987) explicitly recognizes sports, physical education, physical fitness, and holistic human development as state responsibilities, reflecting the national aspiration to rebuild society not only politically, but also socially and culturally. Developing well-being, however, does not only mean the physical well-being. This is particularly true today, where well-being refers to the entire physical and psycho-sociocultural makeup of every individual. Hence, human kinetics today is not purely motor learning and physical development only for the elite athletes but for all members of the community today for social participation, cognition of leadership, affective development, and lifelong wellbeing (Buot, 2012; Cairney et al., 2019; Mendoza-Muños et al., 2021; Rudd et al., 2020; Rutkauskaitė, 2024; Wang et al., 2024; Weiss, 2020). Movement education is for all people.

Public health and social sciences research imply that to fully comprehend physical health and movement there is a vital need to account the community and social contexts where people live (Bauman et al., 2012; Melby et al., 2022; Tang et al., 2023). This is where the field of community development and well-being comes in. It is a field of study dealing with the enhancement of community spaces and infrastructure, community networks and access to community resources together with mental, sociocultural, and emotional makeup of individuals (Buot, 2017; Buot et al., 2016; Buot et al., 2017). Community development and well-being have a deep impact on every person's potential, drive possible chances and opportunities to aggressively engage in movement and skills development in the physical realm (Hunter et al., 2019; Kodali et al., 2023; Visser et al., 2020). Incidentally, contemporary literature and current practice have not yet designed and agreed on a working framework for human kinetics discipline that fully incorporates these domains (Baldari et al., 2007; Bekedam, 2009; van der Zwaard, 2021). This paper aims to address that gap through the attainment of the following objectives:

- 1) discussing the influence of community development in human movement science as a discipline,
- 2) determining how community and well being enhance movement and health,
- 3) proposing a conceptual model integrating community development and wellbeing in human movement science, and
- 4) bridging gaps in research and practice in integrating community development in human kinetics.

2. Methodology

Published literature considered for review in this study were limited to those indexed in Google Scholar from 2000 to 2025. Keywords used were community development, well being, human movement, physical activity, human kinetics, psycho-sociocultural health, physical space and social capital. Literature were examined, evaluated, analyzed and synthesized to come up with the findings and discussions of the current paper.

3. Results and discussion

Influence of community development in human kinetics as a discipline

The value of understanding and studying community development and well-being in attaining a more holistic human kinetics rests in the deep association between individual physical activity, social support systems, community services, social welfare, public services, community networks,

social safety nets, and gross individual progress and development (Kepper et al., 2019). The important role of community development theories and concepts in enriching the discipline of human movement science today lies in the creation of a comfortable space where everyone feels secure and wanted, enhancing open, active, and inclusive participation for an engaging physical activity towards holistic health and well-being. Local government units and community neighborhoods need to invest on infrastructure facilities like parks, green spaces, and sports complexes as these will encourage active lifestyle and provide venues for social and physical engagements contributing to social and mental well-being besides physical exercise. The access to physical activity and psycho-social activities allows the application of human kinetics and human movement science concepts such as biomechanics, exercise physiology, and motor skills development in actual local community settings (Bauman et al., 2012). This is the ultimate goal of human kinetics discipline: visibility in long term community settings and not definitely confined in university playgrounds and gyms only. Attaining healthy lifestyle of citizens and communities is not limited when taking human kinetics courses in universities. Human kinetics principles should be practiced for a lifetime to enhance health and well-being of everyone. Table 1 shows global discussions of the ultimate goal of human movement science requiring mastery of the theories of community development.

Table 1 The connection between human movement science and community development

Title of the article	Author	Year	Country	Concept/Theory
Associations between children's physical literacy and well-being: is physical activity a mediator?	Melby, P. S., Nielsen, G., Brønd, J. C., Tremblay, M. S., Bentsen, P., Elsborg, P.	2022	Denmark	Psychosocial well-being
Physical Literacy - A Journey of Individual Enrichment: An Ecological Dynamics Rationale for Enhancing Performance and Physical Activity in All	Rudd, J.R., Pesce, C., Stratford, B.W., Davids, K.	2020	United Kingdom	Physical activity to enhance the health and well-being of future generations
Motor Skill Development and Youth Physical Activity: A Social Psychological Perspective.	Weiss, M.R.	2020	USA	Motor learning shifts to social relationship and enjoyment
What are effective policies for promoting physical activity? A systematic review of reviews.	Gelius, P., Messing, S., Goodwin, L., Schow, D., Abu-Omar, K.	2020	USA, EU, Canada, Australia	Evidenced based public health policies
Physical Literacy, Physical Activity and Health: Toward an Evidence-Informed Conceptual Model	Cairney, J., Dudley, D., Kwan, M., Bulten, R., Kriellaars, D.	2019	New Zealand	Physical literacy as health determinant
The Value of Fostering Physical Literacy	Whitehead, M.E., Durden-Myers, E.J., Pot, N.	2018	UK, Netherlands	Holistic human development.

Attacking the pandemic of physical inactivity: What is holding us back?	Pratt, M., Ramirez Varela, A., Salvo, D., Kohl, H. W., Ding, D.	2016	Brazil, UK, USA, EU	Movement science into government action
Three types of scientific evidence to inform physical activity policy: Results from a comparative scoping review	Rütten, A., Schow, D., Breda, J., Galea, G., Kahlmeier, S., Oppert, J.-M., van der Ploeg, H. P., Naylor, P.-J.	2016	EU	Physical activity policy decision
Knowledge, transfer, and innovation in physical literacy curricula.	Ennis, C.D.	2015	USA	Movement includes critical thinking, creativity, and innovation
Operationalizing physical literacy for learners: Embodying the motivation to move,	Chen, A.	2015	USA	Life long engagement in movement
Putting physical activity on the policy agenda.	Woods, C. B., Mutrie, N.	2012	Ireland	Sport governance
A framework for physical activity policy research.	Schmid, T. L., Pratt, M., Witmer, L.	2006	USA	Movement science evidence in policy making

Human movement science today recognizes movement as not merely biomechanical performance, but as a holistic human experience connected to cognition, culture, identity, well-being, and social participation.

Therefore, integrating community development theories, principles and concepts is imperative in the teaching of the overarching human movement science. This is particularly true in the planning for initiatives and programs aiming to minimize discrepancies and inequalities in accessing resources and participation in community sociocultural and human kinetics activities and leagues. This will indeed help in catering to the needs of the marginalized, the deprived and the less served (Cleveland et al., 2012; Humphreys & Ogilvie, 2013; Pearce & Maddison, 2011; Stasi et al., 2019) for a more inclusive community human kinetics program (Spaaij 2009, Ulset et al. 2025) as they themselves have the right to live a well-balanced and healthy psycho-social and physical life. Inequitable access to movement opportunities affects not only present well-being, but also the health, participation, resilience, and sustainability of future generations.

Community development offers theoretical and practical lenses for understanding the dynamics of community interactions and needs (Allasiw et al., 2023; Buot et al., 2016; Buot & Dulce, 2019; Fung & Craig, 2017; Nuttavuthisit et al., 2015). Community development specially in Southeast Asia is deeply rooted in collective participation, cultural identity, local empowerment, and socially embedded practices that contribute to long-term well-being and sustainable futures. It can easily

foster collaborative and networking relations between experts in human movement science discipline and those in the sectors of education, healthcare, and local governance (Guinto & Campoamor-Olegario, 2025; Kohl et al., 2012; Pratt et al., 2016). These networks uphold integrative, interdisciplinary and transdisciplinary approaches to physical health and socio-psycho and emotional well-being and will deeply immerse human kinetics into broader public health programs (WHO, 2018). These interdisciplinary and transdisciplinary interactions expand the relevance of human kinetics beyond the realm of sports and exercise sciences into a very important and more critical role in community chronic disease prevention, mental health, and social bonding and solidarity.

According to Chelladurai & Kerwin (2017), the ultimate impact of community development on human kinetics is quite transformative. The theories in community development serve as foundational tools for applied research, inclusive human movement fields and well-being program design, and community-based teaching and learning (Bhattacharyya, 2004; Kohl, 2012). As communities are evolving, especially during this transition to the era of the Society 5.0, the human kinetics discipline evolves as well. Human kinetics is becoming more flexible and resilient, interdisciplinary and transdisciplinary as it impacts toward enhancing both the individuals and collective well-being of communities (Chelladurai & Kerwin, 2017).

How community and well-being enhance movement and health

Community and well-being are basic foundation in enhancing human physical movement and overall health condition across ages (Table 2). A cohesive local group or community motivates members to a strong sense of community camaraderie inspires trust, belongingness, mutual support which are all critical factors in mobilizing engagement in regular physical activity to enhance health (McNeill et al., 2006). Interactive spaces fostering trust, confidence, assurance and network more often than not, result to increase involvement in healthy group exercises, nature walks, mountain climbing or other organized sports. These activities greatly enhance not only the physical health of the body, but also positively impact on mental and emotional well-being (Umberson & Montez, 2010). Isolation can be minimized and can nurture group accountability largely contributing to important movement behaviors desirable in human kinetics discipline.

Table 2 Community development and its contribution to the Human Movement Science and health of the community

Paper Titles	Authors	Year	Contribution of community to movement and health
From fitness to flourishing: Culturally grounded implementation of the	Guinto, M. L. M., Campoamor-Olegario, L. A.	2025	Movement + wellbeing

PERMAH model in Philippine physical education.			
Empowerment through participation in community-based participatory research—Effects of a physical activity promotion project among socially disadvantaged women.	Röger-Offergeld, U., Kurfer, E., Brandl-Bredenbeck, H. P.	2023	Empowerment through participation
A global systematic scoping review of studies analysing indicators, development, and content of national-level physical activity and sedentary behaviour policies.	Klepac Pogrmilovic, B., O'Sullivan, G., Milton, K., Biddle, S. J. H., Bauman, A., Bull, F., Kahlmeier, S., Pratt, M., Pedisic, Z.	2018	Movement science evidence becomes national policy
Exploring participant appreciation of group-based principles for action in community-based physical activity programs for socially vulnerable groups in the Netherlands.	de Bruin, A., Oosting, E., Kuin, Y., Hoekstra, F., van der Woude, L.	2015	Ownership and sustained involvement
Understanding for whom, under what conditions, and how group-based physical activity interventions are successful: A realist review.	Harden, S. M., McEwan, D., Sylvester, B. D., Kaulius, M., Ruissen, G., Burke, S. M., Estabrooks, P. A., Beauchamp, M. R.	2015	Collective and socially supportive environments encouraged more participation
Sustained impact of community-based physical activity interventions: Key elements for success.	Haggis, C., Sims-Gould, J., Winters, M., Gutteridge, K., McKay, H. A.	2013	Sustained participation
Healthy Cities: Facilitating the active participation and empowerment of local people.	Dooris, M., Heritage, Z.	2013	Initiatives equal more engagement
Developments in National Physical Activity Policy: an international review and recommendations towards better practice.	Bull, F.C., Cew, B., Schöppe, S., Bauman, A.E.	2004	Linking movement science evidence to policymaking frameworks.

Community spirit strengthens overall well-being, which plays a key role in enhancing agility and movement. Deci & Ryan (2000) found out that when individuals are fully supported in terms of psychosocial and emotional needs they readily engage in physical activity with no tint of skepticism and distrust. Additionally, communities can provide counseling and first aid services to ensure safety movement dynamics. Biddle & Mutrie (2008) reported that a psychological state that is full of optimism has been associated with remarkable and enjoyable engagement in day-to-day physical

undertakings and movement patterns.

High community spirits result in good community-based programs establishing creative spaces and parks where movement is accessible and delightfully entertaining (Sallis et al., 2006). These could include bike lanes, parks, gardens and green spaces, wellness centers and other relevant initiatives that are social determinants of health of the World Health Organization (WHO, 2018). Inclusive programs and projects address the gap between physical exercise and healthcare justice, enhancing the full participation of all vulnerable populations, across ages, walks of life, and socioeconomic statuses, to avail of the benefits of a physically active lifestyle.

Moreover, physical exercise and movements greatly improve cardiovascular health, muscular strength, and skeletal flexibility, and at the same time, minimize signs of depression and anxiety (Penedo & Dahn, 2005). Subsequently, improved psychosocial health results in sustained participation in physical exercises, enhancing overall health and community wellbeing.

Conceptual model integrating community development and well-being in human kinetics

Incorporating community development and well-being as an integral part of human kinetics discipline requires an all-encompassing conceptual framework linking physical activity with the psychosocial, emotional, and environmental determinants affecting health and wellbeing. The science of movement or kinetics or kinesiology, ought to be integrative in its approach deriving insights from various fields of physiology and community development disciplines of psychology, philosophy and sociology to provide an overarching comprehension of individual's movement and its impact on health and wellbeing (Runk, 2025). The integrative or holistic approach instills in us the understanding that health is not merely the absence of ailment, but rather a complex interplay of factors across all aspects of wellness. An integrative human kinetics discipline should attempt to look into how human bodies, minds, and the socioenvironmental contexts are interconnected, opening the way for speedy and appropriate interventions that can result in overall health and wellbeing of humans and communities.

Incidentally as practiced, human kinetics focuses on movement science, skills and performances only. Hence after taking the required number of units in Human Kinetics and Physical Education, many stops exploring movement for health and wellness. A conceptual framework or model will help every teacher and student to see and put into action these connections between community development and human movement science to ensure that human kinetics or physical education is not only presumed to be a purely physical activity and a physiological process, but also as a psycho-sociocultural experience (Green, 2010). Therefore, the elements of empowerment (Bloch et al., 2014, Dudgeon et al., 2017, Lindacher et al., 2018, Mabetah et al., 2023), ownership (Laverack & Labonté, 2000), participation (Dworski-Riggs et al., 2010), equity (Raj et al., 2023), and sustainability (Lyons et al., 2001) should be embedded at its core movement practices and

community participation toward leadership, agency, empowerment, and community well-being.

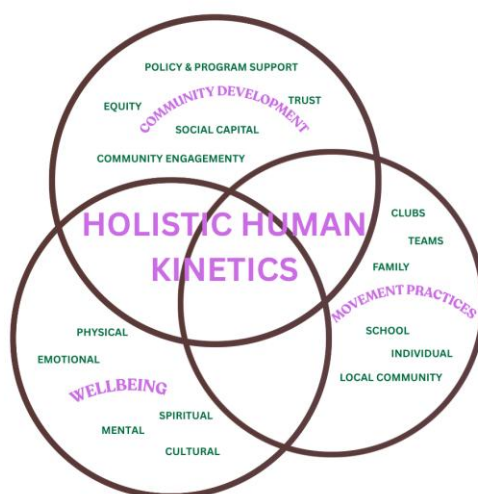


Figure 1 The framework for an integrative human kinetics discipline. Its main goal is overall human health and wellness through sustained community support and engagement

This framework presents Holistic Human Kinetics as the integrative center where: community development, movement practices and well-being intersect and mutually reinforce one another. Movement and Human Kinetics cannot thrive in isolation. Communities need supportive policies, equitable opportunities, social trust and active participation. This model expands wellbeing beyond physical fitness. Movement practices contribute not only to bodily health but also to identity, belonging, resilience, emotional stability, and cultural continuity.

Movement is socially situated. It is not only institutional sport. To recognize multiple layers of participation like the formal, informal, communal, familial, educational, and personal, will make the framework inclusive and adaptable to both the elite/performance settings, and grassroots/community settings.

Holistic human kinetics emerges when the three: movement practices, community development, and multidimensional wellbeing work together dynamically. The model emphasizes that human movement extends beyond physical activity and performance, encompassing social, cultural, emotional, mental, and spiritual dimensions that contribute to individual and community growth.

The integration of environmental design principles into the framework recognizes that human movement, participation, and wellbeing are influenced not only by individual and social factors,

but also by the physical and environmental conditions surrounding communities. Supportive environments such as accessible public spaces, safe recreational areas, walkable communities, green spaces, and inclusive infrastructure create opportunities for active participation and social interaction. These environments encourage movement practices across schools, families, clubs, teams, and local communities while also strengthening community engagement and overall wellbeing. By incorporating environmental design, the framework adopts a more ecological and sustainable perspective, emphasizing that healthy and active communities are shaped through the interaction of people, movement, social systems, and the environments in which they live.

Bridging gaps in research and practice in integrating community development in human kinetics

Historically, biomechanics, exercise physiology, sports performance, and physical conditioning have been the main areas of concentration for highly specialized and performance-oriented viewpoints on human movement. Modern socioeconomic circumstances highlight the need for a more comprehensive, integrative understanding of movement, even if these fields are still essential to the development of Human Kinetics and allied fields. Movement cannot be fully comprehended through physical or biomedical characteristics, as evidenced by growing concerns about physical inactivity, mental health issues, social injustices, cultural alienation, environmental constraints, and dwindling community involvement. Rather, it is necessary to consider mobility as a comprehensive human experience shaped by social, cultural, emotional, environmental, and community-based factors (Gelius et al., 2020, Hartmann & Kwauk, 2011).

The realization that human movement goes beyond organized exercise and competitive sport gives rise to the idea of Holistic Human Kinetics. Everyday life, family structures, educational institutions, cultural customs, leisure areas, and social interactions are all intricately linked to movement. It supports not just physical growth but also mental toughness, emotional health, social interaction, spiritual enrichment, and cultural identity. As a result, multidisciplinary methods that incorporate concepts from human kinetics, public health, sociology, education, psychology, environmental studies, and community development are required for research in this area.

In contemporary international perspectives on physical exercise and health, inclusive engagement and holistic wellbeing are becoming more and more important. Frameworks about health promotion, active living, sustainable communities, and physical literacy emphasize how crucial it is to provide surroundings that enable lifelong mobility. Furthermore, international organizations like the World Health Organization support equitable and community-based approaches to physical exercise because they understand that social structures and environmental factors both affect wellbeing. These advancements support the increasing demand for studies that look at the connections between environmental design, community development, movement activities, and well-being (Kiirk, 2005; Raymond et al., 2023).

Movement practices are intrinsically communal and culturally rooted in many communities, especially in Asian and Philippine cultures. Movement functions as a channel for cultural continuity, identity formation, and social cohesiveness, as demonstrated by traditional dances, festivals, indigenous games, rituals, leisure activities, and family-centered behaviors. However, mainstream Human Kinetics research, which still places a higher priority on quantifiable physical results and elite sport performance, frequently underrepresents such methods. This disparity emphasizes how crucial it is to create context-sensitive, locally relevant research frameworks that represent communities' lived realities and cultural experiences.

By portraying movement as an ecological and multifaceted phenomenon influenced by the interplay of movement practices, community development, wellness, and environmental design principles, the suggested framework on Holistic Human Kinetics fills this study gap. To promote sustained involvement in movement-related activities, the framework acknowledges the need for accessible and inclusive environments, equal opportunities, supporting policies, and active community engagement. In addition, it recognizes that movement helps achieve more general goals, including resilience, empowerment, social capital, cultural preservation, and quality of life.

This aspect of research is important because it broadens the scope of Human Kinetics from a discipline primarily focused on performance to one that is socially conscious and community-focused. Research in Holistic Human Kinetics can influence legislation, educational programs, health initiatives, and community development strategies that support inclusive well-being and sustainable human development by producing evidence on how movement affects both individuals and communities. In the end, the paradigm presents movement as a transforming force that creates better communities, healthier individuals, and more sustainable society rather than just physical action (Spaaij, 2009).

4. Conclusion

This review emphasizes how important community development and well-being are to the advancement of human kinetics as a comprehensive field. Social support networks, psychological well-being, safety perceptions, and socioenvironmental structures all have a big impact on movement and physical performance. Thus, these elements must be included in addition to biomechanical and physiological aspects in a thorough model of human kinetics. In order to create environments that support holistic human flourishing, policymakers and stakeholders must be involved; curricula should be expanded to train practitioners in socio-environmental, policy, and community engagement domains; and future research should prioritize robust, longitudinal, and intervention studies with culturally relevant and standardized measures.

It is impossible to fully comprehend or optimize physical movement, performance, and kinetics without taking into account people's built and social environments, the community structures that facilitate or impede physical activity, and the well-being outcomes that interact with motivation,

participation, and recovery. Building a conceptual model of human dynamics that includes constructed and social environmental affordances, community development, and well-being domains (mental, social, and emotional) is essential. The long-standing gaps in education, research, public service, and practice that are required to successfully incorporate community development expertise in the field of human kinetics must be addressed immediately. This is relevant given the continuous demand for interdisciplinarity and transdisciplinarity in order to improve social transformation and public health in general. Cross-disciplinary collaboration, standardized and culturally sensitive tests, and longitudinal and intervention techniques should all be part of future study. Practitioners and policymakers should be active in aligning settings, community efforts, and legislation to encourage holistic human flourishing rather than just physical health.

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