



How to develop a love for the game?

Dr Samantha Kahts-Kramer. Contact: samkahts@hotmail.com

What has love got to do with it? Whatever we do in life, one of our ultimate goals is learning what we love, and how to express it. Human Movement Science lecturing and research (my chosen occupational wellness domain) are the games I chose to love. Do my students feel the same? If not, what does this mean for them? What does this mean for me? What does this mean for us? Ultimately, what does this mean for how I teach.

Love?



Life is a game, and every game has rules to learn. In life, I chose the game of academia. Being human and living in society is part of this game. When applied to teaching, how do I collaborate with my students to find our love for our chosen games within our teaching and learning environments?

Life's a game

What values do I need to embody to demonstrate my love for the games I have chosen? What values do my students embody and how does this align with their love for the games they have (or are still learning) to choose? What do each of us really value (and why)? How do I collaborate with my students as we figure out our values and "our becoming".

Values



What daily actions should I adopt if I am to play out my love for the games I have chosen? To share my love with my students and for us both to "become", what daily actions do I need to embody with them and within our teaching and learning environment?

Actions



A love for the game: Wellness dimensions

In my life and profession, the eight wellness dimensions (spiritual, physical, emotional, occupational, intellectual, environmental, financial, and social) are constant balancing acts. The academic world is my chosen profession (my game). The students I collaborate with will either become health professionals or not. Either way, wellness will form an integral part their lives, whether they choose to acknowledge it or not. How do I become a lecturer that embodies the constant battle for balance in this constantly changing game called life?



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Who am I?

I am constant work-in-progress. I am first, aiming to understand the deeper meaning of life and how to live it. I've chosen God and Christian values as my guiding post. Second, what it means to show love as a wife, sister, daughter, friend, Aunt, colleague, lecturer, etc. Third, how does this translate into the professions I have chosen? The order is important to me. It starts with my values and moves to my relationships.

Why am I here?

As a constant work-in-progress, I want to figure out the games I have chosen to love and ultimately, who I am and how to work with what I've been blessed with. How do I impact others as I play this game called life? What's my life's purpose, really? I hate and love change. The same goes for vulnerability. Yet change is our constant and vulnerability our need. I guess I'm here to get comfortable with change, love and vulnerability.

So what?

What I find has helped me grow and learn is working with others, critically reflection and putting into action my newfound "knowledge". I find action learning with others, enlightening. I believe that adopting a critically reflective cyclical process to life will be a good approach to the games I have chosen to love. This is hard work. Figuring out how to integrate this approach into the eight wellness dimensions is hard work.

Now what?

Jump. Make mistakes. Learn. Grow.