“Hawai’i Place Based-Education for Exercise and Health“

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“Uluakea”

Lei
Hula
Wahi Pana
Kihei
Chanting
Kiʻi
“Hawaiian Ki’i Concept“

Ki’i is an image (natural or fabricated) used in ritual to fetch

Ki’i/Imagery – vision (because of our visual dominance)
– plus all other sensory systems

Ki’i/Imagery – mundane level (to entertain)
– spiritual level (engender high level of interaction with environments, including audience)

Ki’i/Imagery – used to peak performances under any conditions (including mental obstacles/barriers)
“Hawaiian Ki’i Concept“ cond.

Ki’i is used in hula

Hula = general term used to define Hawai’i’s traditional dance

2 terms define the function of the dance:

Hula & Ha’a

Hula only requires the hula practitioner & an audience

Ha’a requires

1 the environment in which the hula is executed

2 the hula practitioner (inclusive of teachers, musicians and dancers)

3 an audience (human or otherwise).
“Imagery of Elite Athletes in Modern Sport Psychology“

Genesis of Sports – Olympics – Spirituality/Religion/Rituals

- Recreating experiences.
- Imagining and picturing events that have yet to occur.
- Recalling memory information and shaping those memories into meaningful images.
Uses of Imagery

- Improve Concentration
- Build confidence
- Control emotional responses
- Acquire and practice sport skills
- Acquire and practice strategy
- Cope with pain and injury
- Solve problems

- It can enhance a variety of skills to improve performance and can facilitate the learning of new techniques and strategies
Results

**Ki’i**
- Motivated by national individual, family, social pressure
- Physical
- Mental
- Spiritual

- Goal: peak performance
- Recreating spiritual connection

**Imagery**
- Motivated by social support
- Physical
- Mental
- …

- Goal: peak performance
- Outcome & performance goals
Results

Implications:

“Reclaim” Spirituality in Imagery in Sport Psychology

“Rebuild” Identity by Applying appropriate Cultural Concepts which might foster Effectiveness of Imagery for Peak Performance
Results

Implications:

When using Hawaiian concepts in a place-based educational approach it will foster the learning process, and most likely compliance to health regimes such as exercise by using the traditional knowledge and current environment.
Results

Implications:

Teaching and applying traditional concepts into modern sciences ensure retention and value of these concepts and the culture.
Mahalo for your attention

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