

# WORK SMARTS™

## Body Smart

### What Is It?

Body smarts (or bodily-kinesthetic intelligence) is the ability to use one's hands and body to express ideas and feelings or to produce and transform objects. Body smarts are most often expressed in specific physical skills such as coordination, balance, dexterity, strength, flexibility, and speed. In other words, people who have highly developed body smarts tend to thrive in occupations in which they can be physical and move around. They tend to be active and athletic and often like working with their hands.

### How They Learn

People with body smarts learn best by doing—learning through physical movement and practice. They prefer learning activities that involve movement, such as dance, crafts, sports, acting, and manipulating objects. They enjoy role-playing, simulations, and physical games as well. Because of these preferences, they tend to thrive in “hands-on” learning environments rather than traditional lecture/discussion formats.

### Body Smarts & Careers

People possessing body smarts are best suited for occupations that involve the use of their hands, fingers, legs, and arms to solve problems or repair or produce things. Obvious occupations that require body smarts include dancers, actors, and athletes. However, there are many other occupations that require workers to have body smarts, including surgeons, builders, mechanics, and recreational directors. Work activities that require coordination and manual dexterity—from fishing to physical therapy—are well suited to individuals with well-developed body smarts.

### **Keep This in Mind**

**Look at the big picture** – You probably have and use most of the eight intelligences to some degree or another throughout your daily life. You may even excel at multiple intelligences and use them effectively in your career. That's why it can be useful to read through the materials for each intelligence.

**Develop career aspirations** – The theory of multiple intelligences can help you explore intelligences you possess and then use this knowledge to help you make career choices. Remember that the *Work Smarts* assessment is not designed to match you with an occupation, but it can help you explore many occupations related to your intelligences that you might not have considered before.

**Embrace your strengths** – Remember that multiple intelligences stretch over a wide spectrum of abilities, not just those traditionally valued by society, such as English and math. Now is your chance to see the different ways that you are intelligent and to capitalize on your strengths.

**Don't ignore hidden intelligences** – The theory of multiple intelligences allows you to identify and work to develop your hidden or underdeveloped intelligences. It is never too late to awaken unused abilities. Doing so can even open up career paths that you will find more productive and rewarding.

*“An active mind cannot exist in an inactive body.”* – General George S. Patton

## Top Occupations for Body Smart People

**Automotive Master Mechanics** repair automobiles, trucks, buses, and other vehicles. They repair virtually any part on the vehicle or specialize in the transmission system.

**Outlook:** Faster-than-average (14% to 20%) growth with a need for 265,000 additional employees for 2006–2016.

**Median Earnings:** \$34,170/year

**Police Detectives** conduct investigations to prevent crimes or solve criminal cases.

**Outlook:** Faster-than-average (14% to 20%) growth with a need for 42,000 additional employees for 2006–2016.

**Median Earnings:** \$59,930/year

**Fitness Trainers and Aerobics Instructors** instruct or coach groups or individuals in exercise activities and the fundamentals of sports. They demonstrate techniques and methods of participation, and observe participants and inform them of corrective measures necessary to improve their skills.

**Outlook:** Much-faster-than-average (21% or higher) growth with a need for 107,000 additional employees for 2006–2016.

**Median Earnings:** \$27,680/year

**Physical Therapists** assess, plan, organize, and participate in rehabilitative programs that improve mobility, relieve pain, increase strength, and decrease or prevent deformity of patients suffering from disease or injury.

**Outlook:** Much-faster-than-average (21% or higher) growth with a need for 68,000 additional employees for 2006–2016.

**Median Earnings:** \$69,760/year

### **Body Smart Workplace Skills**

The ability to exert maximum muscle force to lift, push, pull, or carry objects.

The ability to exert muscle force repeatedly and continuously over time.

Servicing, repairing, adjusting, and testing machines, devices, moving parts, and equipment.

Inspecting equipment, structures, or materials to identify the cause of errors or other problems or defects.

The ability to quickly move your hands to grasp, manipulate or assemble objects.

### **Profiles in Intelligence**

Tiger Woods is one of the most successful athletes of all time. Woods has won fourteen major professional golf championships and has more career wins than any other active golfer. He was the youngest player to win the career Grand Slam and the youngest and fastest to win fifty tournaments on the PGA tour. Woods started playing golf at the age of two and at the age of fifteen he became the youngest ever Junior Amateur Champion, proving that your intelligences can be developed at a young age and improved with practice.

### **MI Resources**

*Multiple Intelligences: New Horizons in Theory and Practice*, Howard Gardner

*7 Kinds of Smart: Identifying and Developing Your Multiple Intelligences*, Thomas Armstrong

[www.thomasarmstrong.com/multiple\\_intelligences.htm](http://www.thomasarmstrong.com/multiple_intelligences.htm)

[www.newhorizons.org/strategies/mi/front\\_mi.htm](http://www.newhorizons.org/strategies/mi/front_mi.htm)