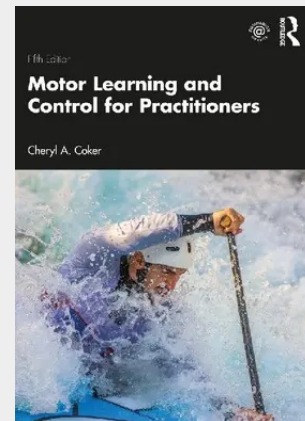


Motor Learning and Control for Practitioners

With an array of critical and engaging pedagogical features, the fifth edition of Motor Learning and Control for Practitioners offers the best practical introduction to motor learning available. This reader-friendly text approaches motor learning in accessible and simple terms and lays a theoretical foundation for assessing performance; providing effective instruction; and designing practice, rehabilitation, and training experiences that promote skill acquisition. Features such as Exploration Activities and Cerebral Challenges involve students at every stage, while a broad range of examples helps readers put theory into practice. The book also provides access to a fully updated companion website, which includes laboratory exercises, an instructors' manual, a test bank, and lecture slides. As a complete resource for teaching an evidence-based approach to practical motor learning, this is an essential text for undergrad and post-grad students, researchers, and practitioners alike who plan to work in the areas of motor learning, motor control, physical education, kinesiology, exercise science, coaching, physical therapy, or dance.

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*Lieferfrist: bis zu 10 Tage***Artikelnummer:** 9780367480530**Medium:** Buch**ISBN:** 978-0-367-48053-0**Verlag:** Routledge**Erscheinungstermin:** 30.09.2021**Sprache(n):** Englisch**Auflage:** 5. Auflage 2021**Produktform:** Kartoniert**Gewicht:** 1020 g**Seiten:** 398**Format (B x H):** 170 x 244 mm