Payne / Isaacs

Human Motor Development

A Lifespan Approach

The new edition of this classic text has been streamlined and thoroughly updated, but it still reflects the authors' philosophy that motor development is an interactive process that continues across the lifespan. Human motor development is strongly influenced by the cognitive, social-emotional, and physical changes that take place as an individual ages, and this book examines these interactions while maintaining its focus on the movement aspects of human development. It will help readers understand how people typically develop movement skills throughout the lifespan, diagnose problems in those individuals who may be developing atypically, and design developmentally appropriate activities that enable optimal teaching/learning of movement skills for people of all ages and ability levels. In this ninth edition, the authors have expanded coverage of motor development of adults and older adults while continuing to emphasize the all-important child and adolescent time periods. They have also incorporated current research throughout to support key discussions. Students will appreciate the book's readability, affordability, logical organization, and visually appealing layout; instructors will appreciate that its new length is more appropriate for a semester-long class.

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116,50 €
108,88 € (zzgl. MwSt.)

Nicht mehr lieferbar

Artikelnummer: 9780415790048
Medium: Buch
ISBN: 978-0-415-79004-8
Verlag: Taylor & Francis Ltd
Erscheinungstermin: 22.12.2016
Sprache(n): Englisch
Auflage: Erscheinungsjahr 2016
Produktform: Gebunden
Seiten: 456

Kundenservice Verlag Dr. Otto Schmidt KG
Neumannstraße 10, 40235 Düsseldorf | kundenservice@otto-schmidt.de | 0221-93738-997 (Inland)