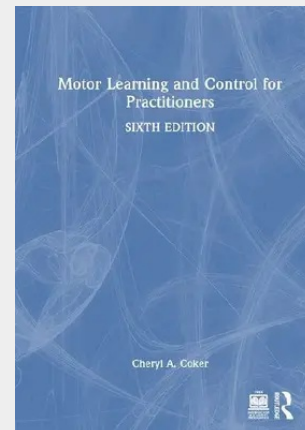


Motor Learning and Control for Practitioners

With an array of critical and engaging pedagogical features, the sixth edition of *Motor Learning and Control for Practitioners* continues to offer 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. This revised edition takes a closer look at the ecological dynamics theory and how it informs practitioners' use of the Constraints-Led Approach as a pedagogical framework for designing practice experiences that facilitate 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, a test bank, lecture slides, and an instructors' manual that sample responses to the cerebral challenges. As a complete resource for teaching an evidence-informed approach to practical motor learning, this is an essential text for undergraduate and post-graduate students, and practitioners 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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