Coker

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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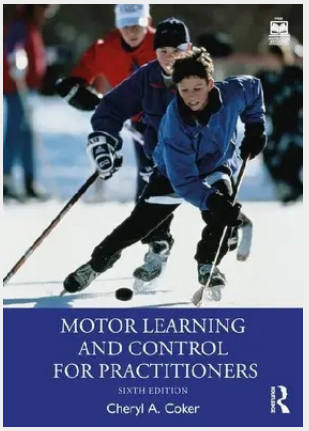

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