

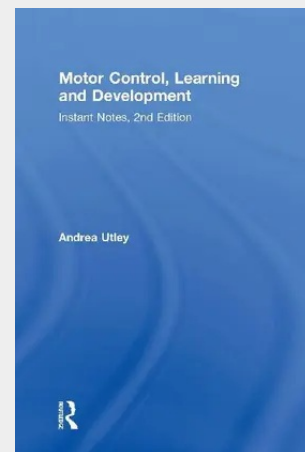
Utley

Motor Control, Learning and Development

Instant Notes, 2nd Edition

An understanding of the scientific principles underpinning the learning and execution of fundamental and skilled movements is of central importance in disciplines across the sport and exercise sciences. The second edition of Motor Control, Learning and Development: Instant Notes offers students an accessible, clear and concise introduction to the core concepts of motor behavior, from learning through to developing expertise. Including two brand new chapters on implicit versus explicit learning and motor control and aging, this new edition is fully revised and updated, and covers: - definitions, theories and measurements of motor control; - information processing, neurological issues and sensory factors in control; - theories and stages of motor learning; - memory and feedback; - the development of fundamental movement skills; - and the application of theory to coaching and rehabilitation practice. Highly illustrated and well-formatted, the book allows readers to grasp complex ideas quickly, through learning objectives, research highlights, review questions and activities, and encourages students to deepen their understanding through further reading suggestions. This is important foundational reading for any student taking classes in motor control, learning or behavior or skill acquisition, or a clear and concise reference for any practicing sports coach, physical education teacher or rehabilitation specialist.

The second edition of Motor Control, Learning and Development Instant Notes, under a new title, offers an accessible introduction to the core concepts of motor behaviour, from learning to developing expertise. Illustrated and well-formatted, the book includes learning objectives, research highlights, review questions, and read



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