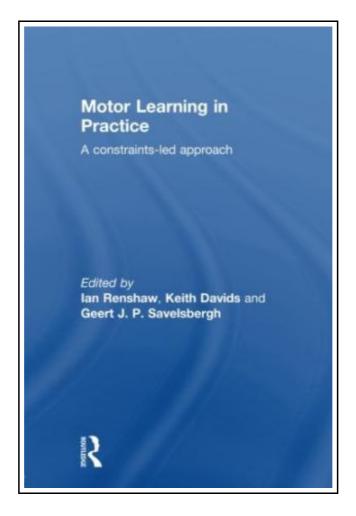
Motor Learning in Practice: A Constraints-led Approach (Paperback)



Filesize: 7.92 MB

Reviews

This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

(Cheyanne Barrows)

MOTOR LEARNING IN PRACTICE: A CONSTRAINTS-LED APPROACH (PAPERBACK)



Taylor Francis Ltd, United Kingdom, 2011. Paperback. Book Condition: New. Reprint. 232 x 156 mm. Language: English . Brand New Book. Motor Learning in Practice explores the fundamental processes of motor learning and skill acquisition in sport, and explains how a constraints-led approach can be used to design more effective learning environments for sports practice and performance. Drawing on ecological psychology, the book examines the interaction of personal, environmental and task-specific constraints in the development of motor skills, and then demonstrates how an understanding of those constraints can be applied in a wide range of specific sports and physical activities. The first section of the book contains two chapters that offer an overview of the key theoretical concepts that underpin the constraints-led approach. These chapters also examine the development of fundamental movement skills in children, and survey the most important instructional strategies that can be used to develop motor skills in sport. The second section of the book contains eighteen chapters that apply these principles to specific sports, including basketball, football, boxing, athletics field events and swimming. This is the first book to apply the theory of a constraints-led approach to training and learning techniques in sport. Including contributions from many of the world's leading scholars in the field of motor learning and development, this book is essential reading for any advanced student, researcher or teacher with an interest in motor skills, sport psychology, sport pedagogy, coaching or physical education.



Read Motor Learning in Practice: A Constraints-led Approach (Paperback) Online Download PDF Motor Learning in Practice: A Constraints-led Approach (Paperback)

Other eBooks



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 \times 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

Save Document »



Music for Children with Hearing Loss: A Resource for Parents and Teachers (Paperback)

Oxford University Press Inc, United States, 2014. Paperback. Book Condition: New. 228 x 156 mm. Language: English . Brand New Book. Written by an expert in the field who is both a teacher and a...

Save Document »



Odd, Weird Little (Paperback)

Egmont USA, United States, 2015. Paperback. Book Condition: New. Reprint. 190 x 132 mm. Language: English . Brand New Book. New in paperback! * At last: a humorous, useful and pedantry-free book about bullying! --...

Save Document »



And You Know You Should Be Glad (Paperback)

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English. Brand New Book ***** Print on Demand *****. A highly personal and moving true story of friend-ship and...

Save Document »



Four on the Shore (Paperback)

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 229 x 147 mm. Language: English. Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read...

Save Document »