



Motor Learning and Control for Practitioners

Cheryl A. Coker

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The second edition of *Motor Learning and Control for Practitioners* offers an applied approach to the principles of motor learning and control. This user-friendly text--with its wide range of examples and teaching tools--provides future professionals in physical education, kinesiology, exercise science, coaching, athletic training, physical therapy, and dance with the tools they need to build a solid foundation for assessing performance. The text clearly defines current thinking and trends; it blends information for the practitioner with validating research. The book's writing style, readability, and numerous applications make it an appealing text for students.

New to this edition is a reorganization of several topics, to enhance understanding of concepts; new Cerebral Challenges, examples, and research notes; new online references directing readers to videos, web-based activities, and additional sources of information; and new and expanded topics, including the use of Gentile's taxonomy in developing skill progressions, application of the Constraints Led Approach, and expanded coverage of visual search strategies.

Key features of the text include Cerebral Challenges that encourage students to engage in higher-order problem-solving activities; Exploration Activities that use typical classroom and other readily available items to illustrate key concepts and translate chapter content into practice; boxed summaries of research conducted on relevant topics; an Epilogue that contains two real-life scenarios and related questions to help students test their ability to put concepts to work in educational and rehabilitation settings; examples using a broad range of contexts and applications; and review questions at the end of each chapter.

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