



## Dynamics of Skill Acquisition: A Constraints-led Approach (Hardback)

By Keith Davids, Chris Button, Dr. Simon J. Bennett

Human Kinetics Publishers, United States, 2008. Hardback. Condition: New. Language: English . Brand New Book. This is the first reference book to outline the development of a comprehensive model of motor control that has a multidisciplinary framework to capture the different interlocking scales of analysis involved in producing behaviour. This conceptual model is not just important for designing learning environments, it is also important for ensuring that learners gain positive experiences when acquiring motor skills. This book is divided into two parts. Part I facilitates the understanding of the theoretical and practical concepts and constraints important within a constraints-led approach. Part II provides a number of practical implications of the constraints-led approach that represent realistic issues facing the learner and the movement practitioner. No other book bridges the gap between traditional and contemporary theories and provides application strategies for teachers, coaches and rehabilitation specialists.



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