



Motor Learning and Performance Instructor's Guide

Richard A. Schmidt

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Motor Learning and Performance: helps undergraduate students apply concepts for improving athletic performance and enhancing motor skill acquisition. Students will learn the processes underlying skilled performance; how skilled performances are learned; and how to apply the principles of skilled performance and learning in teaching, coaching, and therapeutic settings. Dr. Richard Schmidt builds a "conceptual model of human performance." Whether students are in physical education, kinesiology, psychology, the sport sciences, physiotherapy, occupational therapy, or cardiac rehabilitation, they will gain a solid understanding of the conceptual, functional properties of the motor system and of human motor performance. But Motor Learning and Performance is not only for future motor learning professionals. It is also an important reference for all motor behaviour theorists and practitioners. The new Instructor's Guide, free to anyone adopting Motor From Principles to Practice Learning and Performance as a course text, provides valuable suggestions, hints, and ideas for teaching. Instructors will find discussion topics, demonstrations, term paper ideas, test questions (both short-answer and correctable true / false statements), and diagrams that can easily be made into transparencies.

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