



Motor Learning and Control for Practitioners

By Cheryl A. Coker

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Motor Learning & Control for Practitioners, with Online Labs, Third Edition, is a reader-friendly text that balances theoretical concepts and their applications. Its practical approach and wide range of examples and teaching tools help readers build a solid foundation for assessing performance; providing effective instruction; and designing practice, rehabilitation, and training experiences. Whether readers plan to work in physical education, kinesiology, exercise science, coaching, athletic training, physical therapy, or dance, this text defines current thinking and trends, blending practical information with supporting research.

Cerebral Challenges, Exploration Activities, and Research Notes will help students review and extend their learning and inform them about developments in the field. Marginal website references direct readers to online resources, including videos, web-based activities, and relevant apps.

Sixteen online lab experiences allow readers to apply what they've learned; many include videos demonstrating procedural aspects.

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Motor Learning and Control for Practitioners By Cheryl A. Coker Bibliography

- Sales Rank: #291193 in Books
- Published on: 2013-05-02
- Original language: English
- Number of items: 1
- Dimensions: 9.50" h x 7.50" w x .75" l, .0 pounds
- Binding: Paperback
- 336 pages

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Editorial Review

Review

I teach the course mostly from a physical education teacher's viewpoint since it is more understandable to students. Students care more about a theory's applications than the theoretical concept itself, so the book's commonplace examples are very helpful in making the theories more understandable and easier to apply. -- Mario Isidro, Texas Tech University

I love the applied nature of the book. I find that students love the applications. . . [Regarding Chapter 10, on Diagnosing Errors] I love this chapter. Very unique and useful. Honestly, I have not seen many other texts which cover this material. Very interesting. --Noah Gentner, Humber College

The author presents the often-difficult-to-grasp theoretical information in a reader-friendly manner. Undergraduate students will benefit! --Susan Ross, University of Central Missouri

About the Author

Cheryl A. Coker is a professor with the Department of Health and Human Performance at Plymouth State University. She received her undergraduate degree in physical education from Louisiana State University, where she was also an All American and a member of the NCAA Championship Women's Track and Field Team. Upon completion of her Master's and doctorate degrees from the University of Virginia, she joined the faculty at New Mexico State University, where she taught for 14 years.

She is a motor learning specialist whose interest in skill acquisition stems from her experiences as a teacher, coach, and athlete. She is a fellow in the Research Consortium of AAHPERD and has given more than 80 presentations throughout the United States and internationally. She has consistently contributed to both scholarly and practitioner journals; in addition to *Motor Learning and Control for Practitioners*, she co-authored the book *Play for Power: Creating Leaders through Sport*, has authored numerous articles and chapters, and is perhaps best known for her work conveying theoretical constructs to the practitioner

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