



Skill Acquisition in Sport: Research, Theory and Practice

From Brand: Routledge



Download



Read Online



Get Print Book

Skill Acquisition in Sport: Research, Theory and Practice From Brand: Routledge

Success in sport depends upon the athlete's ability to develop and perfect a specific set of perceptual, cognitive and motor skills. Now in a fully revised and updated new edition, *Skill Acquisition in Sport* examines how we learn such skills and, in particular, considers the crucial role of practice and instruction in the skill acquisition process.

Containing thirteen completely new chapters, and engaging with the significant advances in neurophysiological techniques that have profoundly shaped our understanding of motor control and development, the book provides a comprehensive review of current research and theory on skill acquisition. Leading international experts explore key topics such as:

- attentional focus
- augmented Feedback
- observational practice and learning
- implicit motor learning
- mental imagery training
- physical guidance
- motivation and motor learning
- neurophysiology
- development of skill
- joint action.

Throughout, the book addresses the implications of current research for instruction and practice in sport, making explicit connections between core science and sporting performance. No other book covers this fundamental topic in such breadth or depth, making this book important reading for any student, scholar or practitioner working in sport science, cognitive science, kinesiology, clinical and rehabilitation sciences, neurophysiology, psychology, ergonomics or robotics.



[Download Skill Acquisition in Sport: Research, Theory and P ...pdf](#)

 [Read Online Skill Acquisition in Sport: Research, Theory and ...pdf](#)

Skill Acquisition in Sport: Research, Theory and Practice

From Brand: Routledge

Skill Acquisition in Sport: Research, Theory and Practice From Brand: Routledge

Success in sport depends upon the athlete's ability to develop and perfect a specific set of perceptual, cognitive and motor skills. Now in a fully revised and updated new edition, *Skill Acquisition in Sport* examines how we learn such skills and, in particular, considers the crucial role of practice and instruction in the skill acquisition process.

Containing thirteen completely new chapters, and engaging with the significant advances in neurophysiological techniques that have profoundly shaped our understanding of motor control and development, the book provides a comprehensive review of current research and theory on skill acquisition. Leading international experts explore key topics such as:

- attentional focus
- augmented Feedback
- observational practice and learning
- implicit motor learning
- mental imagery training
- physical guidance
- motivation and motor learning
- neurophysiology
- development of skill
- joint action.

Throughout, the book addresses the implications of current research for instruction and practice in sport, making explicit connections between core science and sporting performance. No other book covers this fundamental topic in such breadth or depth, making this book important reading for any student, scholar or practitioner working in sport science, cognitive science, kinesiology, clinical and rehabilitation sciences, neurophysiology, psychology, ergonomics or robotics.

Skill Acquisition in Sport: Research, Theory and Practice From Brand: Routledge Bibliography

- Sales Rank: #998013 in Books
- Brand: Brand: Routledge
- Published on: 2012-08-04
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 6.00" w x 1.00" l, 1.40 pounds
- Binding: Paperback
- 416 pages

 [Download Skill Acquisition in Sport: Research, Theory and P ...pdf](#)

 [Read Online Skill Acquisition in Sport: Research, Theory and ...pdf](#)

Editorial Review

About the Author

Nicola Hodges is an Associate Professor with the School of Kinesiology, UBC, Canada, where she studies motor skill learning and correlates of expert performance. She has contributed to the understanding of processes involved in learning from observation and instruction and practice behaviours for elite performance.

A. Mark Williams is Professor of Motor Behaviour in the School of Sport and Exercise Sciences at Liverpool John Moores University, UK. He has published widely in areas related to expertise, skill acquisition and motor control and learning.

Users Review

From reader reviews:

Jack Lau:

This Skill Acquisition in Sport: Research, Theory and Practice book is simply not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is information inside this reserve incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. This kind of Skill Acquisition in Sport: Research, Theory and Practice without we know teach the one who looking at it become critical in pondering and analyzing. Don't be worry Skill Acquisition in Sport: Research, Theory and Practice can bring if you are and not make your bag space or bookshelves' grow to be full because you can have it in the lovely laptop even cellphone. This Skill Acquisition in Sport: Research, Theory and Practice having good arrangement in word and also layout, so you will not sense uninterested in reading.

Patricia Henderson:

Do you really one of the book lovers? If so, do you ever feeling doubt when you find yourself in the book store? Try to pick one book that you just dont know the inside because don't determine book by its handle may doesn't work the following is difficult job because you are frightened that the inside maybe not because fantastic as in the outside search likes. Maybe you answer is usually Skill Acquisition in Sport: Research, Theory and Practice why because the fantastic cover that make you consider regarding the content will not disappoint an individual. The inside or content will be fantastic as the outside or perhaps cover. Your reading 6th sense will directly guide you to pick up this book.

Jimmy Hostetter:

You can spend your free time to learn this book this guide. This Skill Acquisition in Sport: Research, Theory and Practice is simple to develop you can read it in the recreation area, in the beach, train in addition to soon.

If you did not get much space to bring often the printed book, you can buy typically the e-book. It is make you better to read it. You can save the actual book in your smart phone. Consequently there are a lot of benefits that you will get when you buy this book.

Gerald Kelly:

As we know that book is very important thing to add our know-how for everything. By a publication we can know everything we want. A book is a list of written, printed, illustrated or blank sheet. Every year had been exactly added. This publication Skill Acquisition in Sport: Research, Theory and Practice was filled in relation to science. Spend your time to add your knowledge about your scientific disciplines competence. Some people has diverse feel when they reading the book. If you know how big benefit from a book, you can truly feel enjoy to read a book. In the modern era like right now, many ways to get book that you wanted.

Download and Read Online Skill Acquisition in Sport: Research, Theory and Practice From Brand: Routledge #CZVBRMU53T7

Read Skill Acquisition in Sport: Research, Theory and Practice From Brand: Routledge for online ebook

Skill Acquisition in Sport: Research, Theory and Practice From Brand: Routledge Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Skill Acquisition in Sport: Research, Theory and Practice From Brand: Routledge books to read online.

Online Skill Acquisition in Sport: Research, Theory and Practice From Brand: Routledge ebook PDF download

Skill Acquisition in Sport: Research, Theory and Practice From Brand: Routledge Doc

Skill Acquisition in Sport: Research, Theory and Practice From Brand: Routledge Mobipocket

Skill Acquisition in Sport: Research, Theory and Practice From Brand: Routledge EPub