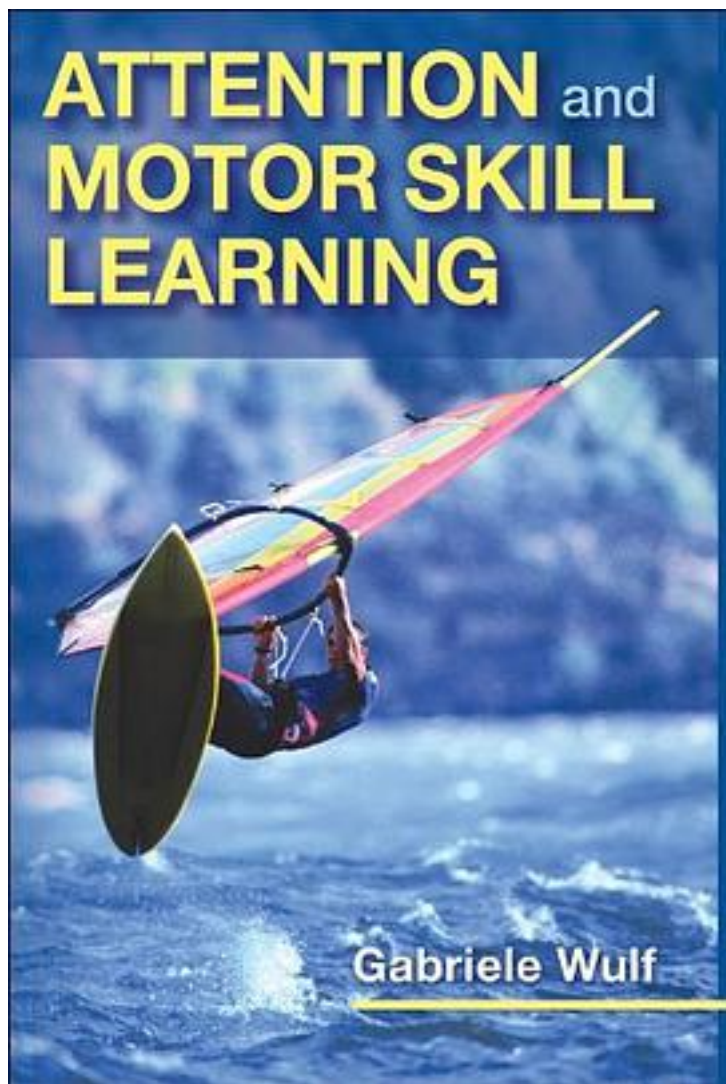


# Attention and Motor Skill Learning



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This title is designed as a text for motor behaviour and cognitive psychology courses, as well as a reference for professionals with an interest in motor behaviour and human movement. It explores how focus of attention can affect motor performance, particularly the learning of motor skills. This text turns research into application by detailing how an individual's focus changes with age and type of task, allowing readers to apply the information across a variety of ages and settings. "Practical Applications" sections provide specific instructional examples and challenges. "Future Directions" sections at the end of each chapter highlight potential research studies that encourage readers to use and further develop the methods and practices outlined in the book.

作者介绍:

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