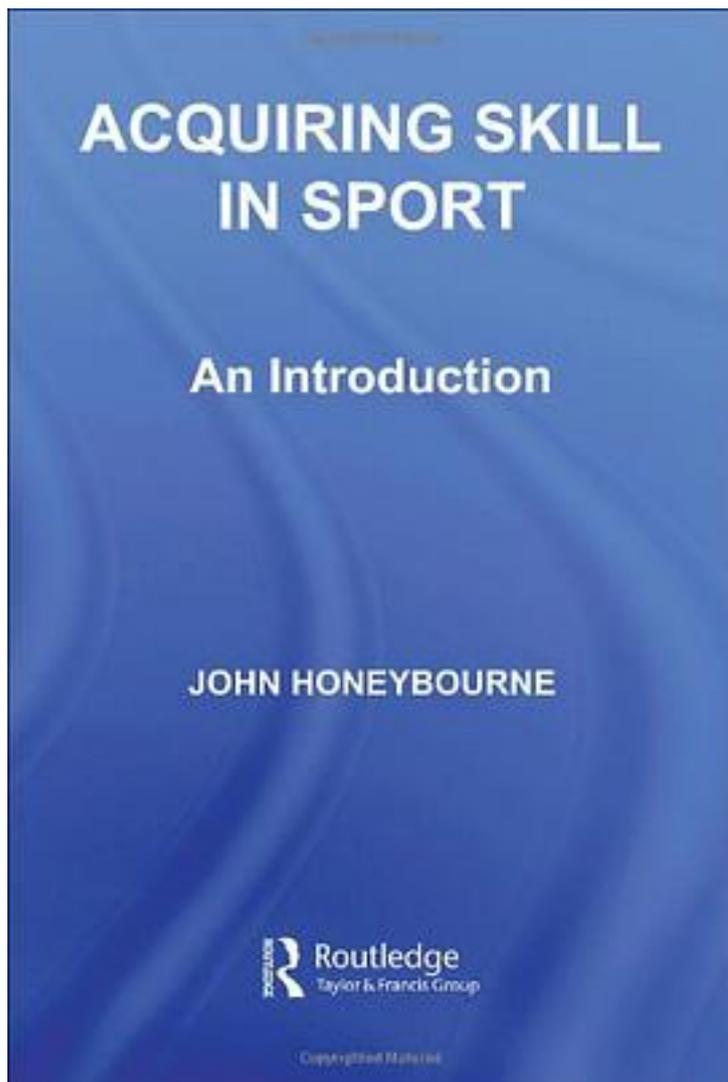# Acquiring Skill in Sport

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出版者:Routledge

出版时间:2006-9

装帧:Pap

isbn:9780415349369

This user-friendly, accessible text will enable new students to understand the basic concepts of sport skills acquisition. Each chapter covers important theoretical background and shows how this theory can be applied through practical examples from the world of sport. The book also examines the ways in which skills can be developed most effectively and addresses issues such as: characteristics and classifications of abilities and skills in sport information processing in sport motor programmes and motor control phases of learning presentation of skills and practices. A valuable resource for students and teachers in physical education, sport studies and sports science courses as well as for coaches who want to develop their theoretical knowledge.

作者介绍:

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