



Motor Learning and Performance: From Principles to Practice

Richard A. Schmidt

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This text is designed to help undergraduate students apply concepts for improving athletic performance and enhancing motor skill acquisition. Students 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 should gain a solid understanding of the conceptual, functional properties of the motor system and of human motor performance. An accompanying instructor's guide, free to anyone adopting "Motor 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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