



# Motor Learning and Control for Practitioners

By Cheryl A. Coker

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

The second edition of *Motor Learning and Control for Practitioners* offers an applied approach to the principles of motor learning and control. This user-friendly text--with its wide range of examples and teaching tools--provides future professionals in physical education, kinesiology, exercise science, coaching, athletic training, physical therapy, and dance with the tools they need to build a solid foundation for assessing performance. The text clearly defines current thinking and trends; it blends information for the practitioner with validating research. The book's writing style, readability, and numerous applications make it an appealing text for students.

New to this edition is a reorganization of several topics, to enhance understanding of concepts; new Cerebral Challenges, examples, and research notes; new online references directing readers to videos, web-based activities, and additional sources of information; and new and expanded topics, including the use of Gentile's taxonomy in developing skill progressions, application of the Constraints Led Approach, and expanded coverage of visual search strategies.

Key features of the text include Cerebral Challenges that encourage students to engage in higher-order problem-solving activities; Exploration Activities that use typical classroom and other readily available items to illustrate key concepts and translate chapter content into practice; boxed summaries of research conducted on relevant topics; an Epilogue that contains two real-life scenarios and related questions to help students test their ability to put concepts to work in educational and rehabilitation settings; examples using a broad range of contexts and applications; and review questions at the end of each chapter.

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## **Editorial Review**

### **Review**

An excellent balance of theory, research, and practical material... These materials make this particular book quite appealing in helping students understand the concepts. --Stephen A. Wallace, San Francisco State University

### **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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