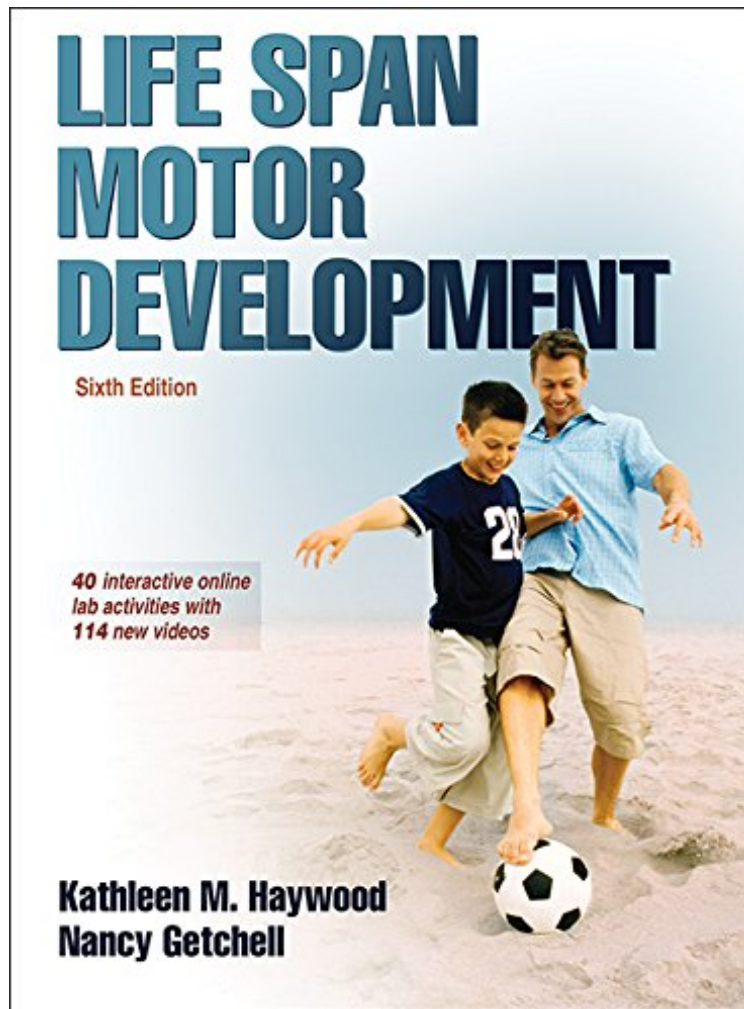


Life Span Motor Development 6th Edition With Web Study Guide

Kathleen Haywood, Nancy Getchell
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Life Span Motor Development, Sixth Edition With Web Study Guide, uses the model of constraints in discussing reasons for changes in movement throughout the life span, Focusing on assessment more heavily than previous

editions, this updated edition encourages students to examine how the interactions of the individual, environment, and task bring about changes in a person's movements. The principles of motor development are presented in an accessible manner so that even readers with minimal movement science background will comprehend the material. A key component of the sixth edition is an improved web study guide featuring revised lab activities and better functionality. New to this edition, lab activity record sheets and questions are available as fillable documents so that students can complete and submit them electronically, resulting in increased efficiency and reduced paperwork for instructors. In several labs, guided assessments teach students to observe video and categorize movements accurately. These assessments cue students to look at particular parts of the movement and guide students through questions, answers, and feedback. Then students are provided opportunities for unguided assessments via video clips or live observation, putting into practice what they have learned in the guided assessments. There are also over 100 new video clips in the web study guide, including a comprehensive video diary of the motor development milestones in the first nine months of a baby's life. *Life Span Motor Development, Sixth Edition*, contains several other updates that are appealing to instructors and students alike: A new full-color interior provides for a more engaging presentation of the material. Updated research includes Generation R studies and connections to fitness and motor skills. An updated presentation package and image bank, plus a test package and chapter quizzes, are included. An instructor guide includes recommendations on using the lab activities in the web study guide both in and out of class. Multiple learning exercises that were previously part of the web resource have been moved to the book to allow the video-rich lab activities to occupy students' learning time when they are online. As in past editions, students understand how maturational age and chronological age are distinct and how functional constraints affect motor skill development and learning. It also covers normal and abnormal developmental issues across the full life span, especially in the formative years. The text shows how the four components of physical fitness—cardiorespiratory endurance, strength, flexibility, and body composition—interact to affect a person's movements over the life span. It also describes how relevant social, cultural, psychosocial, and cognitive influences can affect a person's movements. Significant updates focus on assessment, including new figures that help to explain in detail the functional constraints approach to assessment. *Life Span Motor Development, Sixth Edition*, not only provides students with the observational skills necessary for assessing motor development, but it also expertly ties the information to real life. The text continues to emphasize the application of motor development concepts to the real world by beginning each chapter with an example of a common experience and then revisiting that experience at the end of the chapter, allowing readers to apply the material to the example. The book also retains the objectives; running glossary; and key points, sidebars, and application questions throughout each chapter. *Life Span Motor Development, Sixth Edition*, encompasses the most current research in motor development. It is enhanced with practical online resources for instructors and students, making the concepts of motor development come alive. The text gives students a solid foundation not only for beginning their studies in motor development but also for applying the concepts to real-world situations.

This is a welcome update and retains the quality that characterized previous editions. It contains updated peer-reviewed evidence, but, perhaps equally important, includes contributions from the well-respected authors. Dody's Book About the Author Kathleen M. Haywood, PhD, is a professor and associate dean for academic programs at the University of Missouri at St. Louis, where she has researched life span motor development and taught courses in motor behavior and development, sport psychology, and biomechanics. She earned her PhD in motor behavior from the University of Illinois at Urbana-Champaign in 1976. Haywood is a fellow of the National Academy of Kinesiology and the Research Consortium of the Society for Health and Physical Education (SHAPE). She is also a recipient of SHAPE's Mabel Lee Award. Haywood has served as president of the North American Society for the Psychology of Sport and Physical Activity and as chairperson of the Motor Development Academy of SHAPE. Haywood is also the coauthor of four editions of *Archery: Steps to Success* and of *Teaching Archery: Steps to Success*, published by Human Kinetics. She resides in Saint Charles, Missouri, and in her free time enjoys fitness training, tennis, and dog training. Nancy Getchell, PhD, is an associate professor at the University of Delaware in Newark. For nearly 30 years, Getchell has investigated developmental motor control and coordination in children with and without disabilities. She teaches courses in motor development, motor control and learning, research methods, and women in sport. Getchell is a professional member of the North American Society for the Psychology of Sport and Physical Activity, the International Society of Motor Control, and the International Society for Behavioral Nutrition and Physical Activity. She is a research fellow for the Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). From 2005 to 2009, Getchell served as editor for the Growth and Motor Development section of *Research Quarterly for Exercise and Sport*. Getchell has also served as the chairperson of the AAHPERD Motor Development and Learning Academy. Getchell obtained her PhD from the University of Wisconsin at Madison in 1996 in kinesiology with a specialization in motor development. In 2001, Getchell was the recipient of the Lolas E. Halverson Young Investigators Award in motor development. Getchell resides in Wilmington, Delaware, where she enjoys hiking, geocaching, and bicycling.