Examine motor development across the life span
Classic text introduces accessible explanations of motor development concepts

**Audiences:** A textbook for undergraduate courses on motor development. Also a reference for researchers in motor behavior and motor development.

*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. This updated edition encourages students to observe and examine how the interactions of the individual, environment, and task affect changes in a person’s movements, while focusing more heavily on assessment than previous editions. The principles of motor development are presented in a clear and accessible manner so that even readers with minimal movement science background will comprehend the material.

New to this edition, lab activity record sheets and questions are available as fillable documents within the web study guide 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.

As in past editions, students get a clear understanding of 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, but especially in the formative years. The text shows how the four components of physical fitness 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.

**NEW TO THIS EDITION:**
- A new full-color interior, that provides for a more engaging presentation of the material.
- Updated research, including Generation R studies and research connecting fitness and motor skills.
- An instructor guide that includes recommendations on how to use the lab activities in the web study guide, both in and out of class.
- An improved web study guide, featuring revised lab activities and more than 100 new video clips.
- 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.

**Ancillaries**

**Instructor guide.** Includes chapter overviews, tips for effectively using learning experiences and lab activities in the classroom, supplemental class activities, suggested background readings, and an answer key to all the lab activities.

**Test package.** Includes more than 550 questions in true-or-false, fill-in-the-blank, multiple-choice, essay, and short-answer formats.

**Presentation package plus image bank.** Includes more than 480 slides of text, photos, and artwork from the book, as well as 40 video clips that instructors can use for class discussion and presentation. Plus, the image bank includes most of the figures, content photos, and tables from the text, sorted by chapter, that can be used to develop a customized presentation based on specific course requirements.

**Chapter quizzes.** Separate from the test package, each chapter quiz will help instructors assess students’ comprehension of the most important concepts in the chapter. Each quiz contains 10 questions, and can be downloaded into learning management systems.

Part I. Introduction to Motor Development
Chapter 1. Fundamental Concepts
Chapter 2. Theoretical Perspectives in Motor Development
Chapter 3. Principles of Motion and Stability

Part II. Physical Growth and Aging
Chapter 4. Physical Growth, Maturation, and Aging
Chapter 5. Development and Aging of Body Systems

Part III. Development of Motor Skills Across the Life Span
Chapter 6. Early Motor Development
Chapter 7. Development of Human Locomotion
Chapter 8. Development of Ballistic Skills
Chapter 9. Development of Manipulative Skills

Part IV. Perceptual-Motor Development
Chapter 10. Sensory-Perceptual Development
Chapter 11. Perception and Action in Development

Part V. Functional Constraints to Motor Development
Chapter 12. Social and Cultural Constraints in Motor Development
Chapter 13. Psychosocial Constraints in Motor Development
Chapter 14. Knowledge as Functional Constraint in Motor Development

Part VI. Interaction of Exercise and Structural Constraints
Chapter 15. Development of Cardiorespiratory Endurance
Chapter 16. Development of Strength and Flexibility
Chapter 17. Development of Body Composition
Chapter 18. Conclusion: Interactions Among Constraints

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An improved web study guide offers a principles-to-application exercise and multiple interactive activities for each chapter, ensuring that students will be able to transfer core content from the book to various applied settings.

A full-color interior provides a more engaging presentation.

Focus on Research and Focus on Application sidebars deliver more detailed research information and make connections to real-world applications in areas such as teaching, coaching, and therapy.

Updates to instructor ancillaries feature the addition of lab activities to the instructor guide and new chapter quizzes that assess students’ mastery of the most important concepts covered in the textbook.

Pedagogical aids such as learning objectives, glossary of terms, and Check Your Understanding questions throughout help students stay on track with learning in each chapter.

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TABLE OF CONTENTS

| Why Study Motor Skills? | Part II: Principles of Skill Learning |
| Chapter 3. Attention and Performance: Limitations on Information Processing | Chapter 10. Organizing and Scheduling Practice: How the Structure of Practice Influences Learning |
| Chapter 5. Motor Programs: Motor Control of Brief Actions | |
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