



## METADATA

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### Abstract

The topic of this book is teaching life skills through sports and physical education, and the development of self-regulated learning of sports and motor skills. It presents recent theoretical and empirical evidence regarding the teaching and learning of life skills and the development of self-regulated learning in school physical education and sport. Moreover, it describes practical applications in these two fields including ready-to-use lesson plans for the development of the self-regulated learning of sports skills and the teaching of life skills through physical education and sport. The book consists of 11

chapters: five chapters for life skills, five chapters for self-regulated learning, and one chapter for the associations between life skills and self-regulated learning with special emphasis on skills transfer. This book can be a helpful handbook for sports students regarding life skills and self-regulated learning development in sports and physical education. Moreover, it can be a useful guide for school physical education teachers and coaches in youth sports who are looking into effective approaches for teaching motor and sports skills and programs that focus on students' and athletes' holistic development.