



METADATA

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Abstract

This book is intended for undergraduate and graduate students, as well as movement (rehabilitation) professionals who teach topics related to motor and athletic skill learning, as well as motor development. Readers will gain an understanding of the role of learning and development of motor skills in improving motor and athletic performance, as well as the relearning of motor skills after injury across the spectrum of abilities and ages. The applications of theoretical models related to

motor learning and motor development in various learning environments, in students, athletes, or individuals with motor impairments are analyzed. The applications of feedback in educational work are discussed in order to inform about the parameters of its correct application. The basic principles of motor development, differences and similarities, as well as different methods of assessment, are presented with the aim of applying the appropriate training methods to different age groups.

