



Life Span Motor Development With Web Resource-5th Edition

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Life Span Motor Development, Fifth Edition, is the only introductory textbook to use the model of constraints (or dynamical systems) approach in discussing reasons for changes in movement throughout the life span. This fully updated edition encourages students to observe and examine how the interactions of the individual, environment, and task affect changes in a person's movements. 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. *Life Span Motor Development, Fifth Edition*, will give readers the foundation for continued study and real-world practice.

The text begins by introducing students to the basics: motor development, the model of constraints, and the theoretical perspectives relevant in motor development research. After laying the groundwork, the text describes the physical growth and maturation process from infancy to old age, including development and aging effects of specific body systems. Age-related changes in sensation and perception in the visual, kinesthetic, and auditory systems are also explained.

The fifth edition contains several content changes to make the text more user friendly than ever. The inclusion of a chapter discussing the principles of biomechanics presents students with foundational knowledge to ground their understanding of the sequential changes in motor skills development. 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.

Life Span Motor Development, Fifth Edition, not only provides students with the observational skills necessary for assessing motor development, but it also expertly ties the information to real life. This edition emphasizes 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. Application questions throughout the chapters challenge readers to consider how parents or professionals might use the material discussed.

To further solidify their understanding, students are provided with a key code allowing them to access an interactive online student resource containing 33 lab activities that can be printed, 21 learning exercises, and more than 200 video clips with footage focusing on infants, toddlers, young children, adolescents, and adults performing fundamental motor skills—subjects often difficult to study because of permissions and policies, particularly for minors. For each video clip, students can pause, replay, or change the rate of speed, giving them flexibility to analyze and then categorize each subject into the appropriate developmental level. Selected video clips are also used with many of the lab activities to provide visual examples of developmental levels. For professors, the text includes a full array of ancillaries, including an updated instructor guide, test package, presentation package, and a newly added image bank.

Life Span Motor Development, Fifth Edition, will also assist students in meeting AAHPERD's Motor Development Academy standards. The text presents essential competencies identified by AAHPERD and provides guidelines for constructing developmentally appropriate activities and designing learning experiences to meet grade-level expectations in preparation for the Praxis exam for physical education. Chapters are organized for student learning with the following features:

- Opening scenarios provide real-life experiences or applications involving motor development in daily living.
- Learning objectives emphasize the chapter's key concepts.
- A running glossary provides easy access to definitions of important terms.

- Key points indicate the theme of a discussion amidst chapter details.
- Highlight boxes provide additional insights into motor development assessment.
- Application questions challenge students' problem-solving skills.
- Summary and synthesis sections review important concepts and integrate those concepts into the constraints model.
- Take a Second Look elements at the end of each chapter encourage students to revisit the chapter-opening scenario, test their knowledge with review questions, and visit the Web site for learning exercises and lab activities.

Life Span Motor Development, Fifth Edition, encompasses the most current research in motor development. It is enhanced with practical online resources for instructors and students, making the fundamental concepts of motor development come alive. By starting with basic ideas in motor development and progressing to larger developmental concepts, this fifth edition will prove to be a beneficial resource for those in the field. The text gives readers a solid foundation not only for beginning their studies in motor development but also for applying the concepts to real-world situations.

Includes an online student resource!

To assist students using the text, *Life Span Motor Development, Fifth Edition*, has a companion online student resource (OSR). Completely integrated with the text, the OSR allows students to experience content through multiple dimensions. Students will receive free access to the OSR with the purchase of a new text, or it may be purchased as a separate component.

The OSR offers students a variety of learning features including 33 lab activities that can be printed, 21 learning exercises, and more than 200 video clips with footage focusing on infants, toddlers, young children, adolescents, and adults performing fundamental motor skills—subjects often difficult to study because of permissions and policies, particularly for minors. For each video clip, students can pause, replay, or change the rate of speed, giving them flexibility to analyze and then categorize each subject into the appropriate developmental level. Selected video clips are also used with many of the lab activities to provide visual examples of developmental levels.

Access to the online student resource is available at www.HumanKinetics.com/LifeSpanMotorDevelopment.

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