

Contents

Series Preface ix ■ Preface xi ■ Acknowledgments xv

PART I	WELCOME TO MOTOR BEHAVIOR	1
CHAPTER 1	What Is Motor Behavior?	3
	Research	5
	Practical Application	6
	Three Subdisciplines	7
	A Brief History of Motor Behavior	12
	Related Fields of Study	15
	The Short of It	17
CHAPTER 2	What Can I Do With Motor Behavior?	19
	Academic Path	22
	Professional Paths	24
	Side Paths	28
	The Short of It	32
PART II	BUILDING BLOCKS OF MOTOR BEHAVIOR	33
	Taking a Systematic Approach	34
	Accounting for the Person, the Task, and the Performance Setting	35
	Information Processing	37
CHAPTER 3	Observing Behavior	39
	Closed and Open Skills	41
	Discrete, Serial, and Continuous Skills	45
	Observation: A Critical Key to Understanding Motor Behavior	47
	The Short of It	51
CHAPTER 4	Understanding How We Control Movements	53
	Sources of Sensory Information	54
	Continuous Control	58
	No-Feedback Control	60
	Combining Continuous and No-Feedback Control	62
	The Short of It	62
CHAPTER 5	Understanding How We Learn Motor Skills	63
	Theories of How We Learn	64
	Ways We Learn Motor Skills	66
	Transfer	72
	Feedback	73
	The Short of It	78

CHAPTER 6	Capabilities and Limitations	79
	Information Processing	81
	Reacting Faster: Ways to Reduce the Time Spent on Information Processing	86
	How We Pay Attention	90
	What We Pay Attention to Makes a Difference	91
	Arousal and Performance	92
	Speed–Accuracy Trade-Offs	94
	Abilities and Skills	95
	The Short of It	97
CHAPTER 7	Setting Practice Procedures	99
	Constant and Varied Practice	101
	Blocked and Random Practice	104
	Practice Distribution	106
	Deciding How to Design Practice	109
	The Short of It	111
CHAPTER 8	Putting It All Together: <i>The Motor Skill Learning Cycle</i>	113
	Phase 1: Consider the Person, Task, and Performance Setting	116
	Phase 2: Plan for Practice	121
	Phase 3: Implement Practice	124
	Phase 4: Review the Overall Instructional Process	127
	The Short of It	128
	Epilogue: The Future of Motor Behavior	129
	Appendix A: Learn More About Motor Behavior	133
	Appendix B: Implementing Motor Behavior in the Real World	135
	References	143
	Bibliography	149
	Index	161
	About the Author	167