



Movement System Variability (Hardback)

By -

Human Kinetics Publishers, United States, 2005. Hardback. Condition: New. Language: English . Brand New Book. Aimed at undergraduate and higher level courses in movement sciences, as well as specialists in motor behaviour and human movement. An in-depth, multidisciplinary analysis of literature for researchers in the human movement sciences and related fields. Addresses the nature and function of variability, as well as how an understanding of variability can enhance the practice of teachers, coaches, physiotherapists and health professionals. Many scientific disciplines are represented in the text including psychology, motor control and skill acquisition, perceptual-motor development, chaos and complexity, biomechanics, molecular biology, physiology, philosophy, the neurosciences and physical education. Examines a range of topics including the interaction of genetic and environmental training factors on performance in sport, the nature of specific adaptations, measurement protocols, and speed and accuracy in Olympic level athletes.

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