



Apprentissage moteur et performance

Richard A Schmidt

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Nombreux sont ceux pour qui peu de choses sont aussi excitantes qu'une course, un match ou un jeu au score serré dans lesquels les compétiteurs font montre d'un niveau d'habileté quasiment incroyable pour obtenir la victoire. Nombreux sont ceux pour qui peu de choses sont aussi belles qu'une habileté motrice hautement complexe, bien contrôlée, atteignant exactement l'objectif que s'était fixé l'exécutant. Ce livre est écrit pour les personnes qui ressentent ce type d'excitation à propos des habiletés motrices, et qui voudraient en savoir plus sur les mécanismes sous-jacents leur maîtrise, sur leur apprentissage, sur la façon d'appliquer les principes de la performance et de l'apprentissage des habiletés motrices dans le cadre de l'enseignement, de l'entraînement et de la réhabilitation. Sommaire : Principes de la performance motrice humaine : Traitement de l'information et prise de décision, Contributions sensorielles à la performance, Production du mouvement et programmes moteurs, etc.; Principes de l'apprentissage des habiletés motrices : Apprentissage moteur : concepts et méthodes, Préparations et stratégies pour l'organisation, etc.

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