



# Study Guide for Motor Learning and Performance: A Problem-Based Learning Approach

*Craig A. Wrisberg*

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This study guide for the second edition of "Motor Learning and Performance" further challenges students to apply the problem-based learning approach presented in the text when seeking solutions to motor performance and learning problems. Designed to work in tandem with the new edition to help students better understand the information, it also helps the instructors to develop effective learning experiences. It is structured to correspond to the first 10 chapters of the textbook and follows a consistent format. It offers a variety of exercises, questions and activities. It also includes the following features: key concepts - briefly summarizes the chapter's most important concepts; key terms - lists those terms needed to effectively complete the activities and answer the problems; review questions require the students to demonstrate their understanding and application of key concepts, taking theory into practice; problem-solving exercises challenge students to analyse specific responses to specific problems and then to create their own solutions; "your solution" - offers templates to help students organise their thoughts in creating a viable working strategy. Completing the "Study Guide" helps students develop a working knowledge of how to use the "Conceptual Model of Human Performance" to solve problems. They also will gain insights and practice into the best way to approach and accomplish the culminating project presented in chapter 12 of the textbook.

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