

KINE 4356- Motor Development

Chapter 1 - 4

STUDY GUIDE

Chapter 1 - Motor Development

Definition - Motor Development

Refers to the continuous, age-related process of change in movement as well as the interacting factors in the individual, environment, and task that drive these changes. The way people develop skills cognitively and socially across a lifespan.

Why we study motor development?

- Human development is multifaceted. In addition to changes in human movement, intellectual, social, and emotional changes occur. These domains of human development are in constant interaction, we can never fully understand ourselves until we fully understand each of these domains.
- Knowledge of the way most people develop on their movement enables us to diagnose cases that are sufficiently atypical to warrant intervention and remediation.
- Knowledge of human motor development allow the establishment of developmentally appropriate activities that enable optimal teaching/learning of movement skills for people of all ages and all ability levels.

Domains of human development – Benjamin Bloom

Cognitive, Affective, Psychomotor

Definition –

- *Development*- Occurs after maturation is reached. Continuous process of change in functional capacity, related on age, and involves sequential change.
- *Maturation*- Functional changes; changes in biological makeup and may refer to cell, organ, or system advancement.
- *Growth*- Structural changes; an increase in size or body mass resulting from an increase in complete, already formed body parts.

Developmentally appropriate – Programs should be tailored to meet the needs of children, rather than expecting children to adjust to the demands of a specific program.

Motor Development Study Guide

JE Gale



Motor Development Study Guide:

Decoding **Motor Development Study Guide**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Motor Development Study Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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