

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

Lei Shi



Motor Development Study Guide:

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