

Understanding Motor Development: Infants, Children, Adolescents, Adults (B&B Physical **Education**)

By David Gallahue, John Ozmun, Jacqueline Goodway



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Understanding Motor Development, a worldwide best-selling text, provides students with both an explanatory and a descriptive basis for the processes and products of motor development. Covering the entire life span, this text focuses on the phases of motor development and provides a solid introduction to the biological, affective, cognitive, and behavioral aspects within each developmental stage. The student is presented with the most up-to-date research and theory, while the Triangulated Hourglass Model is used as a consistent conceptual framework that brings clarity to understanding infant, childhood, adolescent, and adult motor development.



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