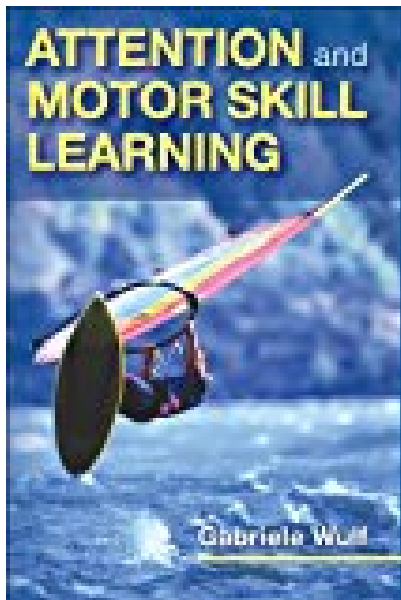


# Attention and Motor Skill Learning

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## BOOK DETAILS

- Author : Gabriele Wulf
- Pages : 224 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 073606270X

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## BOOK SYNOPSIS

Intended for motor behaviour and cognitive psychology courses, and for professionals, this title explores how focus of attention can affect motor performance, particularly the learning of motor skills. It details how an individual's focus changes with age and type of task, allowing readers to apply the information across a variety of settings.

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