

Lifelong Motor Development (6th Edition)

Carl P. Gabbard



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Lifelong Motor Development, Sixth Edition, is a comprehensive, science-based text covering background, theory, and research in the field of physical growth and motor behavior across the life span, as well as the practical application of these concepts. The **Sixth edition** focuses on the notion that the study of motor development is the **study of change**. In order to truly understand the multicausal and complex nature of motor development, this book was created and continues with the goal of introducing students to not a single theoretical explanation, but the most prominent theories and views that underscore our understanding of change in motor development–establishing the Sixth edition as still the most scientific, contemporary, and applicable text of its kind.

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