



Different Perspective on Teaching Motor Skills: A Critical Analysis

Dr. Kishore Mukhopadhyay*

*Associate Professor,

Union Christian Training College,

Berhampore, Murshidabad, West Bengal, India.

kishore.km2007@gmail.com

Abstract

An important part of a comprehensive physical education program is instruction in fundamental motor skills. Motor learning is also of great theoretical and experimental interest to psychologists and neuroscientists. New motor patterns are learned through movement, interactions with rich sensory environments, and challenging experiences that challenge a person to solve problems they encounter. The knowledge about motor control and motor learning shape our understanding of how individuals progress from novice to skilled motor performance throughout the lifespan. This page provides an overview about Motor Control and Motor Learning. In this article the various theories and models of motor learning has been critically discussed and appropriate measures has been highlighted depending upon various researcher's view.

Keywords: Motor Skill, Cognitive, Associative, Autonomous and motor learning.

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