



## Motor Learning and Control for Dance: Principles and Practices for Performers and Teachers (Hardback)

By Donna Krasnow, Mary Virginia Wilmerding

Human Kinetics Publishers, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book. As dance training evolves and becomes more complex, knowledge of motor behavior is foundational in helping dancers learn and master new skills and become more efficient in integrating the skills. Motor Learning and Control for Dance is the first resource to address motor learning theory from a dance perspective. Educators and students preparing to teach will learn practical ways to connect the science behind dance to pedagogy in order to prepare dancers for performance. Dancers interested in performance from the recreational to professional levels will learn ways to enhance their technical and artistic progress. In language accessible even to those with no science background, Motor Learning and Control for Dance showcases principles and practices for students, artists, and teachers. The text offers a perspective on movement education not found in traditional dance training while adding to a palette of tools and strategies for improving dance instruction and performance. Aspiring dancers and instructors will explore how to develop motor skills, how to control movement on all levels, and--most important--how motor skills are best taught and learned. The authors, noted experts on motor learning and motor control...

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