



Fundamentals of Motor Control

Mark L. Latash

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Motor control is a relatively young field of research exploring how the nervous system produces purposeful, coordinated movements in its interaction with the body and the environment through conscious and unconscious thought. Many books purporting to cover motor control have veered off course to examine biomechanics and physiology rather than actual control, leaving a gap in the literature. This book covers all the major perspectives in motor control, with a balanced approach. There are chapters explicitly dedicated to control theory, to dynamical systems, to biomechanics, to different behaviors, and to motor learning, including case studies.

- Reviews current research in motor control
- Contains balanced perspectives among neuroscience, psychology, physics and biomechanics
- Highlights controversies in the field
- Discusses neurophysiology, control theory, biomechanics, and dynamical systems under one cover
- Links principles of motor control to everyday behaviors
- Includes case studies delving into topics in more detail

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Exactly why? Because this Fundamentals of Motor Control is an ordinary book that the inside of the book is waiting for you to snap it but later it will zap you with the secret this inside. Reading this book adjacent to it was a fantastic author who all wrote the book in such an amazing way that makes the content within easier to understand, entertaining means but still conveys the meaning thoroughly. So, it is good for you not to hesitate having this ever again or you going to regret it. This excellent book will give you a lot of gains than the other book includes such as helping to improve your ability and your critical thinking approach. So, still want to hesitate having that book? If I were you I will go to the guide store hurriedly.

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