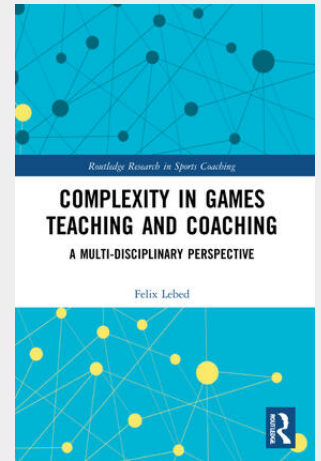


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Complexity in Games Teaching and Coaching

A Multi-Disciplinary Perspective

Shedding new light on sport pedagogy and the teaching and coaching of games, this book shows how complexity theory can be used to improve team sport performance, coach education, and young player development. The book draws together insights from both the humanities and behavioural sciences, including psychology, philosophy, anthropology, sociology, history, and play theory into a new educational methodology for team sports. It shows how concepts from complexity theory underpin and inform team sport dynamics, including the uncontrolled nature of live human systems; the nature of complex systems and how this shapes student and young athlete learning; self-organization and its relation to decision-making in play; and mental self-regulation and motivation. It presents an innovative and sophisticated definition of sport pedagogy that can help teachers and coaches deepen their understanding of teaching and learning in team sports and help them develop more motivated, more effective, and more creative athletes.



57,00 €

53,27 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781032225142

Medium: Buch

ISBN: 978-1-032-22514-2

Verlag: Routledge

Erscheinungstermin: 25.09.2023

Sprache(n): Englisch

Auflage: 1. Auflage 2023

Serie: Routledge Research in Sports Coaching

Produktform: Kartoniert

Gewicht: 304 g

Seiten: 210

Format (B x H): 156 x 234 mm

