

Book review

ACQUIRING SKILL IN SPORT: An Introduction

Editors: John Honeybourne

Bibliographic Data: ISBN: 9780415349369, Routledge Publishing (an imprint of Taylor & Francis Books Lt), 2006, £21.99 142 pages, paper back.

Subjects: Skill, Motor Learning, Teaching Sport Skills.

DESCRIPTION: The book is a user-friendly, highly accessible text for the students to understand the basic concepts of sport skills acquisition. Each chapter covers important theoretical background and shows how this theory can be applied through practical examples from the world of sport. The book also examines the ways in which skills can be most effectively and addresses issues such as: characteristics and classifications of abilities and skills in sport, information processing in sport, motor programmes and motor control, phases of learning and presentation of skills and practices.

PURPOSE: This textbook aims to help readers develop an understanding of the basic concepts of motor skills in sport, dealing initially with the technical terms and then on focusing on the theories related to the learning of these skills.

AUDIENCE: A valuable resource for students and teachers in physical education, sport studies and sports science courses as well as for coaches who want to develop their theoretical knowledge.

FEATURES: The book guides the readers through the science that underlies sport skills, using practical examples to explain the concepts discussed. It is composed of 9 chapters which present the information in an order that is considered logical and progressive as in most texts. Chapter headings are: 1. Characteristics and classification of skills in sport, 2. Characteristics and classification of abilities in sport, 3. Information processing in sport, 4. Motor programmes and motor control, 5. Individual differences, 6. Theories of learning, 7. Phase of learning and learning curves, 8. Presentation of skills and practices, 10. Guidance, teaching and learning styles.

ASSESSMENT: This is an excellent book for the students in the field. Clearly written and illustrated

throughout, with questions to test knowledge and understanding, this is an ideal introductory text for students of physical education, sport, human movement science and kinesiology, as well as coaches seeking to develop their understanding of sports skills. Students will enjoy the format of this book. The book is concise, easy to read and understand, and useful in everyday practise. I believe, therefore, the book will serve as a first-rate teaching tool and reference for students and teachers in physical education, sport studies and sports science courses as well as for coaches who want to develop their theoretical knowledge.

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