

Download Laterality In Sports Theories And Applications

Laterality in Sports: Theories and Applications summarizes recent research on the neurophysiological foundations of handedness, and how left or right lateralization (affecting primary hand use, foot use, and eye use) affects motor control, performance outcome, skill acquisition, and achievement of sports expertise—both for one-on-one sports and team sports. Laterality in Sports Florian Loffing. Florian Loffing is a post-doctoral fellow at the Institute... Norbert Hagemann. Norbert Hagemann is currently Full Professor for Sport Psychology at... Bernd Strauss. Bernd Strauss, born 1959, is currently Full Professor for Sport Psychology at... Clare ... Laterality in Sports: Theories and Applications summarizes recent research on the neurophysiological foundations of handedness, and how left or right lateralization (affecting primary hand use, foot use, and eye use) affects motor control, performance outcome, skill acquisition, and achievement of sports expertise?both for one-on-one sports and team sports. As laterality research has matured, greater focus has been given to applications in human endeavours and, in particular, sport. Abstract. Sports are full of lateralized behaviors. This is obvious in athletes' use of their hands, feet, eyes, or turning direction when performing specific tasks. Laterality is relevant for a variety of sport aspects such as coaching, skill acquisition, performance, athlete development, understanding of motor control and perceptual-cognitive...