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Titolo	Minding bodies : how physical space, sensation, and movement affect learning // Susan Hrach
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ISBN	1-949199-98-3
Edizione	[First edition.]
Descrizione fisica	1 online resource (xvii, 204 pages) : illustrations ;
Collana	Teaching and learning in higher education
Disciplina	370.15/5
Soggetti	Perceptual learning Movement, Psychology of Mind and body Human body in education Holistic education
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Awaken the senses Optimize the classroom -- Take it outside -- Leveraging the body for learning Interrogate sensory perceptions -- Learn to move, move to learn -- Break through boundaries Move around together -- Embrace discomfort
Sommario/riassunto	"Minding Bodies aims to help instructors improve their students' knowledge and skills through physical movement, attention to the spatial environment, and sensitivity to humans as more than "brains on sticks." It shifts the focus of adult learning from an exclusively mental effort toward an embodied, sensory-rich experience, offering new strategies to maximize the effectiveness of time spent learning together on campus as well as remotely. Minding Bodies draws from a wide range of body/mind research in cognitive psychology, kinesiology, and phenomenology to bring a holistic perspective to teaching and learning"--