



Coordination Skills Glossary

Asymmetrical bilateral coordination: Both sides of the body are working together, but they are doing a different yet complimentary task.

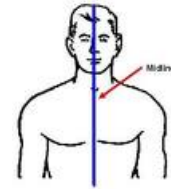
Bilateral Coordination: Both sides of the body are working together at the same time doing the same task.

Hand preference: one hand is chosen or preferred over the other

Hand dominance/handedness: one hand has the most influence or control, and is more reliable for use across a range of skilful acts

Helper Hand: the non-dominant hand; used to support or help the dominant hand by holding the object you are working on still

Midline: an imaginary line that divides the body into a right and a left half



References

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