



University Sports in the 21st Century(Chinese Edition)

By BEN SHE

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: Unknown Publisher: Air publishing the media limited liability company List Price: 32.00 yuan Author: Publisher: Air publishing the Media LLC ISBN: 9787516500798 Pages: Edition: Binding: Folio: Published :2012-9- printing time: the number of words: Product ID: 22918135 Description Yan 21st Century University Sports tells the students need to have knowledge of health and sports injury prevention and treatment. as well as physical exercise skills. The book is divided into 13 chapters including an overview of the physical education and health. the role of physical exercise. physical exercise principles. content. methods and plans. movement disorders and sports injury prevention. Determination of the Physical Health Standard. sports appreciation. as well as track and field . basketball. football. volleyball. table tennis. badminton. tennis. swimming. aerobics. martial arts. and a variety of entertainment fitness and sports dance skills. 21st Century Sports is very suitable as institutions of higher learning professional sports materials are also available for the readers to read reference. 10 sports and health entry of Introduction Table of Contents Chapter Section 1 health knowledge. the four-dimensional view of...



READ ONLINE
[4.39 MB]

Reviews

A fresh e-book with a brand new perspective. This is certainly for anyone who statte that there had not been a really worth reading. I am just happy to explain how this is the very best publication i have go through in my individual lifestyle and may be he best pdf for ever.

-- **Margarett Roob**

The very best publication i possibly study. This is certainly for anyone who statte there was not a worth looking at. I am just very happy to tell you that this is basically the best pdf i actually have study inside my individual life and could be he very best pdf for possibly.

-- **Darlene Blick**