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Sports and health life-long education tutorial (motor skills and practice of the National Vocational Education quality planning materials)

By LIU WEI GUANG // DUAN JIA LONG // YIN ZHI HONG

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 282 Publisher: Beijing Jiaotong University Pub. Date :2011-06-01 version 1. Gilbert Lau. Duan Long. Yin Zhihong editor of the life-long sports and health education tutorials were two. the first book of sports and health lifelong education tutorial (theoretical part). the second volume of sports and health life-long education tutorial (motor skills and practice). The first book on Sports and Health lifelong learning the basics. health care. healthy living knowledge of the system described; the second volume of life-long sports and health education life-long physical ability and fitness for a systematic approach described. Content with a certain degree of innovation. the times. readability and wide range of applications. Easy to understand. for the lifelong health services. Sports and Health continuing education tutorial as a vocational sports materials. can also be carried out independently as a student studying sports and health. exercise guidance books. Contents: Chapter practical method of sports and fitness section must have a Section for your training methods and popular method of fitness training fitness training methods III Chapter II the forces of nature recreational sports...


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