

The vocational colleges planning materials of the 21st century - Sports and Health (Wu Bin)(Chinese Edition)



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Reviews

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(Mr. Ladarius Stoltenberg)*

THE VOCATIONAL COLLEGES PLANNING MATERIALS OF THE 21ST CENTURY - SPORTS AND HEALTH (WU BIN)(CHINESE EDITION)



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 in Publisher: the basic information Soochow University Press List Price: 29.90 yuan Author: Publisher: Suzhou University Press ISBN: 9787567201675 Yema: Revision: Binding: Folio: Published :2012 -7-1 printing time: Words: Goods ID: 22851330 Description Wu Bin and Zhu Wenjie editor of Sports and Health is divided into two parts. the first part of the theoretical part. the second part is the practical part. The theoretical part describes the theoretical concept of the sports function analysis of the factors that affect the physical fitness and health. described the relationship between physical exercise and nutrition. the Olympic Movement; practice part of a systematic introduction to basketball. volleyball. tennis. The basic technology. basic tactics and rules of badminton. swimming and other sports. Britannica strive to highlight science. nature. timeliness. highlighting the basic concept-oriented students in vocational colleges. reflecting individual differences. The needs of the different levels of the movement of knowledge. technology and skills to meet the students in vocational colleges. the book content selection note the popularity of sports describes the diversity and health education. Combined with the characteristics of higher vocational colleges. the book reflects the efforts of modern physical education ideas. new concepts. students master scientific exercise. a healthy lifestyle as well as the appreciation of the sports culture. in order to facilitate the students in the process of receiving physical education personality development. to lay the foundation for lifelong physical. Sports and Health Section I. the first section of sports concept and function of Section II Overview of Professional Institutes healthy scientific connotation of Introduction theoretical part of Chapter Sports Overview Section II the impact of physical exercise on the human body Section III physical...

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