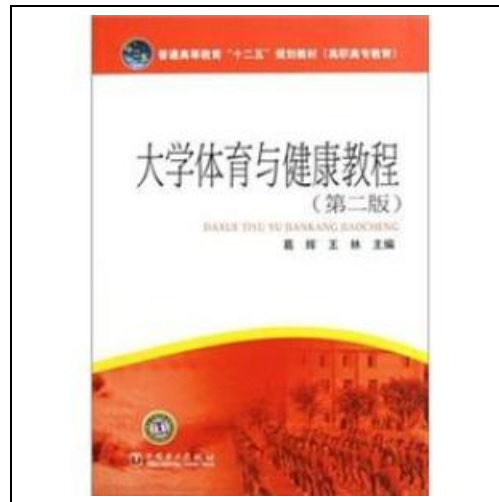


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paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 267 Publisher: China Power Pub. Date :2011-06-01 version 2. Godfrey. Wang Lin. editor of College Sports and Health Guide (2nd Edition) for general higher education. second five teaching (vocational education). University of Physical Education and Health Guide (2nd Edition) eleven chapters. an overview of the main content including sports. sports and health. sports health and health care. athletics. ball games. bodybuilding and aerobics. swimming. martial arts. Taekwondo. mass sports and physical culture. This book sets theory and practice in one of the work to improve the school's physical education has an important role in guiding. University of Physical Education and Health Guide (2nd Edition) as a vocational college. adult colleges and undergraduate institutions of secondary vocational and technical colleges organized. private foundation courses public colleges and universities teaching physical education theory courses. but also for sports-loving to use. Contents: Preface Chapter Overview Section Sports Section II the concept of sports and physical characteristics of the task organization of sports competitions III IV College sports and methods of the purpose and tasks Chapter Health Physical Education and Health Section Section II the concept of physical exercise and mental health of the third quarter of principles and methods of physical exercise a healthy and civilized life IV Chapter Sports and Physical Health and Care Section II physical activity health exercise common sense and physical health of mental health Section IV Women's Sports Injury Prevention sports hygiene Chapter Overview Section II track and field running jump III IV V site and throw ball games rules Chapter V Section basketball section two football Volleyball III IV V Badminton Table Tennis Tennis Chapter VI of bodybuilding and fitness aerobics Section Overview Section II...

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