University of Physical Education and Health tutorial (Revised Edition) (Chinese Edition)



Filesize: 4.65 MB

Reviews

This pdf may be worth acquiring. It can be writter in easy words and phrases and not hard to understand. I am pleased to tell you that this is basically the finest book i have read through during my personal existence and might be he greatest pdf for at any time.

(Jeffry Tromp)

UNIVERSITY OF PHYSICAL EDUCATION AND HEALTH TUTORIAL (REVISED EDITION) (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 Pages: 333 Publisher: Science Press List Price: 32.00 yuan Author: Zhaowu Chen. Zhou Yue. Chen Yi editor of Press: Science Press ISBN: 9787030277817 Pages: 333 Edition: 1 Binding: Paperback Folio: 16 Published: 2010 -6-1 printing time: Words: 501.000 commodities identification: 22698699 content About this book to students of physical education and health awareness. full promotion of physical and mental health. lifelong exercise habits as the main line to Sports health knowledge. exercise fitness as a basic framework. integrated into the system on the quality of education and life-long education. targeted content to the students to exercise the interest and exercise habits. life. With new ideas, rich in content, the method is simple and easy to learn features. The material is divided into two parts, a total of 14 chapters, describing the origin and development of sports, health education and physical exercise, sports health and health knowledge, nutrition and scientific diet and habits, as well as basketball, football, volleyball, table tennis and badminton sports technology, tactics and practice methods, and finally also introduced sports content such as athletics, swimming, gymnastics and martial arts movement. The teaching materials focus on the combination of theory and practice, informative writing is smooth and illustrations. Financial science, knowledge and fun in one convenient for students to master the basic knowledge of scientific training methods and sports, as sports textbook for students of colleges and universities (including undergraduate and vocational college). The first chapter of the first part of Introduction Sports theoretical College Sports Section 1 sports overview of the origins of the sport, the development of the sports section II Universities Sports Health Education and Sports exercise section...



Read University of Physical Education and Health tutorial (Revised Edition) (Chinese Edition) Online Download PDF University of Physical Education and Health tutorial (Revised Edition) (Chinese Edition)

See Also



Art appreciation (travel services and hotel management professional services and management expertise secondary vocational education teaching materials supporting national planning book) (Chinese Edition) paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Pages Number: 146 Publisher: Higher Education Pub. Date: 2009-07-01 version 2. This book is...



My Windows 8.1 Computer for Seniors (2nd Revised edition)

Pearson Education (US). Paperback. Book Condition: new. BRAND NEW, My Windows 8.1 Computer for Seniors (2nd Revised edition), Michael Miller, Easy, clear, readable, and focused on what you want to do Step-by-step instructions for the...

Read Book »

Read Book »



The Java Tutorial (3rd Edition)

Pearson Education, 2001. Softcover. Book Condition: Neu. Gebraucht - Sehr gut Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - Praise for "The Java' Tutorial, Second Edition" includes: "This book...

Read Book »



The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Read Book »



Posie Pixie and the Torn Tunic Book 3 in the Whimsy Wood Series

Paperback. Book Condition: New. Sarah Mauchline (illustrator). Paperback. COME and meet some more of the quirky woodland characters in the 3rd book of this delightful series! Find out what happens when Posie accidentally tears her purple...

Read Book »