



21st century vocational college planning materials - Physical Education and Health (Second Edition)(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 in Publisher: the basic information Soochow University Press List Price: 28.50 yuan Author: Publisher: Suzhou University Press ISBN: 9787567201545 Yema: Revision: Binding: Folio: Published :2012 -6-1 printing time: Words: Goods ID: 22865930 Description Sports and Health (2nd edition) is divided into theoretical papers and practical articles. Theoretical chapter introduces the concept of sports. functional analysis of the factors that affect the physical fitness and health of the relationship between physical exercise and nutrition. the Olympic movement; practice articles systematic introduction to athletics. basketball. volleyball. tennis. The basic technology. basic tactics and rules of badminton. swimming and other sports. The book seeks to highlight the basic idea of ??a student-centered. reflecting individual differences. Book content selection to meet the needs of students at different levels of the movement of knowledge. technology and skills. pay attention to the popularity of the sports introduced diversity and health education. in order to facilitate the students to accept the culture of personality in the process of physical education. as Lifetime Sports to lay the foundation. Written by Yangzhou Technician College...



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