



9787109135024 University sports tutorial (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: 2009-08-01 Pages: 411 Publisher: China Agriculture Press title: University Sports tutorials Original Price: 29.80 yuan Author: Publisher: China Agriculture Press Publication Date: August 1. 2009 ISBN: 9787109135024 words: Pages: 411 Edition: 1 Binding: Paperback: Weight: 635 g Editor's University Sports Course validated by the National Institute of Physical Steering Committee of experts. Summary University sports tutorial illustrated. concise language. easy to understand. combines multidisciplinary theories and methods of health. physical. physiological. health care. and health. highlighting the theory and practice of combining modern and traditional combination. Fitness and culture combination, a combination of reality and the future. reflecting a textbook of science. knowledge and practical features. is a theoretical. practical public colleges and universities sports curriculum materials. Directory longevity function first written description of the theoretical first chapter on the function of physical exercise (1) Physical exercise fitness function Section 2 Physical exercise. healthy heart function Section III physical exercise. disease prevention function of the fourth quarter of physical exercise Section V of the main methods in section IV of the commonly used method in...



Reviews

Extremely helpful to any or all category of individuals. It really is rally fascinating through studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook.

-- Lawrence Keeling

This publication may be worthy of a read through, and a lot better than other. It is among the most incredible book we have read through. Your daily life period will be change when you total reading this article publication.

-- Garett Baumbach