



The generic textbook: 9787040345070 sports professional graduate physical training theory and practice(Chinese Edition)

By WANG WEI XING

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-08-01 Pages: 241 Publisher: Higher Education Press title: sports postgraduate Universal textbook: physical training Theory and Practice List Price: 26.80 yuan Author: Wang Weixing Press: Higher Education Press Publication Date :2012-08-01 ISBN: 9787040345070 words: Pages: 241 Edition: 1 Format: Folio: 16 Weight: Editor's Summary sports postgraduate Universal textbook: physical training Theory and Practice is divided into six chapters. The contents include an overview of the physical training. the principles and methods of strength training. speed. agility training principles and methods. principles and methods of endurance training. core strength training principle and methods and stretching training principles and methods. The book is closely linked to the practice of physical training of the athletes need. on the basis of adhering to the traditional physical training. integration of the advanced concepts of contemporary physical training. content-rich. innovative information. illustrations. language condensed. Suitable as the College Physical Education and Training Professional Sports Graduate universal textbook: physical training theory and practice . the exercise training professional and traditional ethnic sports Graduate professional foundation curriculum materials. also as Sports Graduate undergraduate Resources can also...

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