



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

By ZHAO WU CHEN . ZHOU YUE . CHEN YI ZHU BIAN

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...



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