



University of Sports in the 21st century series of Quality Education

By XUE XIAO YUAN // CUI YAN

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 331 Publisher: China Water Conservancy and Hydropower Pub. Date :2010-01-01 version 1. This book gives a comprehensive overview of sport and health of the basic theoretical knowledge. such as sports activities on human physiological and psychological effects of exercise injury prevention and treatment. prevention of common diseases. such as the development of exercise prescription. and some of the basic sports skills. a detailed description. so that students understand the basic theory. based on scientific physical exercise can improve their the athletic ability to master common sports injuries disposal methods. Through study and practice of the book. so that students master the test and evaluation of the basics of physical health. and sports activities to help students through the improvement of mental state. psychological barriers to overcome in the movement to experience the fun and the feeling of success. Technology in the sports section. for different sports. according to the characteristics of its action to arrange a number of practical ways to practice. teachers in the teaching process can be selected according to need. In preparing the book...



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