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21st century higher education planning materials: college sports tutorial(Chinese Edition)

By LI ZHI YONG . XU WEI . QU AI YING

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: 2008 08 Pages: 297 Language: Chinese in Publisher: Jilin University Press University sports tutorial focus the framework learning sports courses at the University of scientific theoretical system. the basic theory. basic knowledge. basic technology. basic method for a scientific explanation and introduction. and lay a solid theoretical foundation for the students to learn and understand the physical education curriculum. To try to make the teaching process. concise. and try to highlight teachers teach less. students more practice. reflects the thinking of students as the main teaching. In writing sports technology essentials. make things simple. focused sports essentials formulas and do text concise. easy to understand. with plans appropriately. Contents: Chapter sports science overview of the status of the emergence and development of the first section of Sports Section II Sports Science Section III Section 4 sports in college students to learn the significance of the second chapter in the life of sports in modern social life Chapter physique section III of the biological basis of physical exercise on physical concept of Section II of the constitution...



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