



## Physical Exercise and Health [Paperback]

By BEN SHE.YI MING

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback Pages Number: 469 Language: Simplified Chinese Publisher: Shanghai Science and Technology Press; 1st edition (January 1. 2004). Physical exercise and health sub-physical theory. basic sports and Chinese Traditional Health chapters. introduces the basis of the theory of sports. ball games. aerobics. physical training. martial arts. swimming. skating. etc. more than 30 basic sports and exercise. and sports featuring 11 traditional Chinese health exercise method.

Contents: the first chapter of sports theory first section sports Overview section II. section III of the Institute of Physical sports physical scientific basis for the fourth quarter sports section V of the psychological scientific basis for physical fitness. physical fitness and health section VI of the fitness test and evaluation in section VII health awareness of the sports section VIII of Chinese Traditional Health Overview rods. in section V of section III of Section II of Chapter II section I of the basic sports football basketball volleyball section IV of table tennis badminton Section VI softball in section VII of physical training section aerobics section IX. martial arts section X. track and field...



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