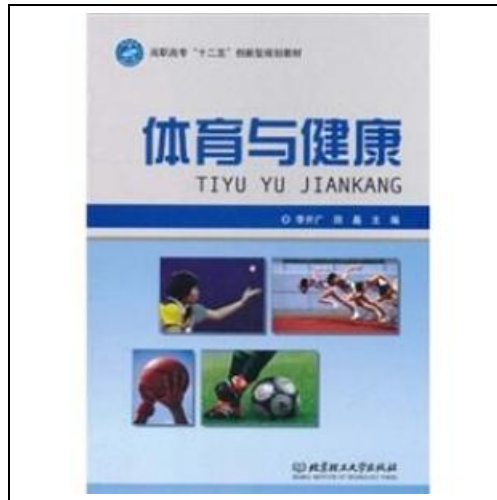


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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 206 Publisher: Beijing Institute of Technology Pub. Date :2011-07-01 version 1. Sports and Health wide flowers bloom Hetian Lei Lee editor. support for the vocational basic course materials. The book is divided into Chapter 22. focuses on physical education and health knowledge. the main contents include an overview of physical education and health. physical exercise on human health. physical activity and health care knowledge of medical supervision. sports competitions. athletics. ball games. fitness aerobics and physical exercise. martial arts: I leisure and sports content. Sports and Health primarily as vocational college Sports and Health course materials. but also as a sports and fitness training materials. but also as a sports and fitness enthusiasts of reference books. Contents: Chapter I Overview of Sport and Health Section Sport and Health Section of the purpose and tasks of the meaning and significance of modern health of modern society and human III sub Section to establish health first philosophy Chapter Physical exercise and mental health Section II the concept of mental health of students of higher vocational institutions. the third quarter of physical exercise on psychological characteristics of students in vocational schools of higher mental health fourth exercise is to improve the importance of mental health way to exercise and medical supervision Chapter III Section II Sports Health physiological responses to exercise in the third quarter common medical prescription Chapter Physical Education and Sport sports nutrition and nutrition needs of students Section Exercise and Nutrition Section V Chapter health self-examination and evaluation of health status of the self-evaluation section of mental health self-evaluation Section VI Section I enjoy sporting events and sports competitions to enjoy sport and type of organization and...



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