



Sports and health (applicable to the south)(Chinese Edition)

By MAO ZHEN MING LIU QI

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Publisher: Beijing normal university press This book is takes five-year vocational education state planning project.The book is divided into two parts. the special education part mainly introduces the connotation of sports: the humanistic spirit and scientific principle. the concept of health: from single to multiple. healthy way: scientific exercise and exercise prescription. the cornerstone of happiness: life style and health. growin.



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