

Theory and technical college sports instruction (Chinese Academy of planning materials)

By LUO LIN

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Pages Number: 363 Publisher: Science Pub. Date :2011-09-01 version 1. Rollins editor of the college sports theory and technology of instruction to learn advanced expertise in the theory and methods. based on the combined years the successful experience of teaching reform. building a college sports theory and technology instruction teaching system. and the selection of the content will focus on fitness of combining with the culture. University teaching physical education theory and technical guidance. a total of 20 chapters. of which the theory 6. including an overview of sports. features and value. status and role of school physical education. sports health and nutrition. basic content. methods. principles and physical exercise method. physical measurement and evaluation of indicators. standards and methods. types and methods of sports competitions; technical instruction 14. outlined the main track and field. basketball. volleyball. soccer. tennis. badminton. table tennis. aerobics. fitness. sports. dance . swimming. martial arts. taekwondo. leisure. sports and other major technology project teaching. competition rules and the referees knowledge. College sports theory and technology teaching guide for institutions of higher learning public sports...



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