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## young students physical education

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By YANG LAN SHENG GUO CENG CHENG ZHI XING

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 262 Publisher: People's Sports Publishing House Pub. Date: 2002-02. Editor: book collection and selected some of the content, and strive to reflect the physical education and basic theoretical knowledge of the systematic and focus from the law of human growth and development of body and limb movements to discuss the impact of physical education students to engage young people the necessity and feasibility. To book in school physical education more practical. the role of a selection of daily sitting, standing, walking, running and general requirements for the correct posture to practice the method, and based on the author for many years to carry out physical education students in the practice of finishing several sets suitable for training students in the form of gymnastics, for the reader choose. Contents: one form and meaning of two concepts of education, physical education, three objects and tasks, physical education content and methods of physical education of young students Chapter necessity and feasibility of adolescent growth and development section the general rules of a, from quantitative to qualitative growth Second, the continuity...



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