



## Interesting extracurricular activities: extracurricular sports activities guide Xie Fu(Chinese Edition)

By XIE FEI

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2011-12-01 Pages: 154 Publisher: Basic information of Anhui Normal University Press title: interesting extracurricular activities: extracurricular sports activities guide Original Price: 16.9 yuan Author: Xie Fu Press: Anhui Normal University Press Publication Date :2011-12-01 ISBN: 9787811414073 Words: Page: 154 Revision: Binding: Folio: 16 Weight: Editor's Choice extra-curricular sports activities guide to start from a different perspective. knowledge of fitness. which including fitness knowledge. project selection exercise. exercise time. and the amount of exercise to master. as well as some knowledge of first aid and protective measures. can give young people guidance. Of Hsieh Fu knowledge learned in the classroom and extracurricular activities engaged in organic combination together to enhance the impression of knowledge. The Summary directory sports Benefits want to grow taller exercise more comfortable breathing good health enhanced heart power good method enhanced the brain dominating enjoy beyond the release of their own sense of accomplishment psychological pressure Laoyijiege physical and mental health to improve the emotional state science sports exercise to develop exercise principle choice of physical exercise project preparation activities necessary to fully finishing...



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