



## New Vocational Sports and Health (higher vocational education teaching second Five)

By CUI LONG // YIN 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: 271 Publisher: Beijing Institute of Technology Pub. Date :2011-08-01 version 1. Contents: Theory Chapter articles Vocational Vocational Physical Education and Health Sport and Health Section Overview Section II high thinking and vocational college sports review questions Chapter vocational development of students' physical activity and physical exercise means Section II of the principles and methods of physical training plan development and implementation of the Section of exercise-induced fatigue and its review and to eliminate reflection Title Chapter of Common Sports Injuries sports injury prevention and rehabilitation Section II an overview of common sports injuries sports injury rehabilitation Section review questions Chapter thinking and prevention of common diseases common chronic non-communicable diseases section first Section two common infectious diseases common non-communicable diseases prevention review questions Chapter vocational students think about mental health mental health status of vocational students Section II an overview of mental health standards in the third quarter of vocational students should be attention to mental health The fourth issue of common mental illness prevention and rehabilitation V physical exercise on mental health review questions Chapter vocational...



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