

Triple Jump - Track and Field Teaching Practical Training Series (Author: Li Hung Kong. Sha Jie) (Price: 9.00) (Publisher: People's Sports Publishing) (ISBN: 9787500919000) (Chinese Edition)



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This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.
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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 :2001-05-01 Pages: 149 Publisher: People's Sports Publishing title: Triple Jump - Track and Field Teaching Practical Training Books List Price: 9.00 yuan Author: Li Hung Kong. Sha Jie ed Publisher: People's Sports Publishing Date :2001-5-1 ISBN: 9787500920366 Words: 88.000 yds: 149 Edition: 1 Binding: Paperback: Editor's Choice \ t \ t \ t \ t the executive summary athletics is to develop physical fitness. improve motor skills. cultivate the will. and to improve the level of training methods and means. so it is the basis of the other competitive sports. is content with the way school sports and mass services for the the Austrian move win glory Plan and body fitness program. Series include sprinting. distance running. hurdles. high jump. long jump. shot put. javelin. discus and triple jump nine track and field sports. The book comprehensively and systematically introduced sports specific exercise techniques. special physical training. special training theory. specific exercise selection and training arrangement and Athletes ability cultivation of people are most concerned about the problem. and accurate reflection of the current track and field sports teaching and training in the latest theories and research results. the majority of coaches. physical education teachers and sports enthusiasts to learn the theory of athletics. engaged in athletic training. to improve the level of teaching and training the right-hand man. Directory first chapter gives an overview of a triple jump Development Overview. triple jump the evolution of the technology trends. triple jump triple jump characteristics of the project and the value of exercise (a) the characteristics of the project (b) triple jump the value of exercise. the approach speed and distance of the world record holder in the...



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