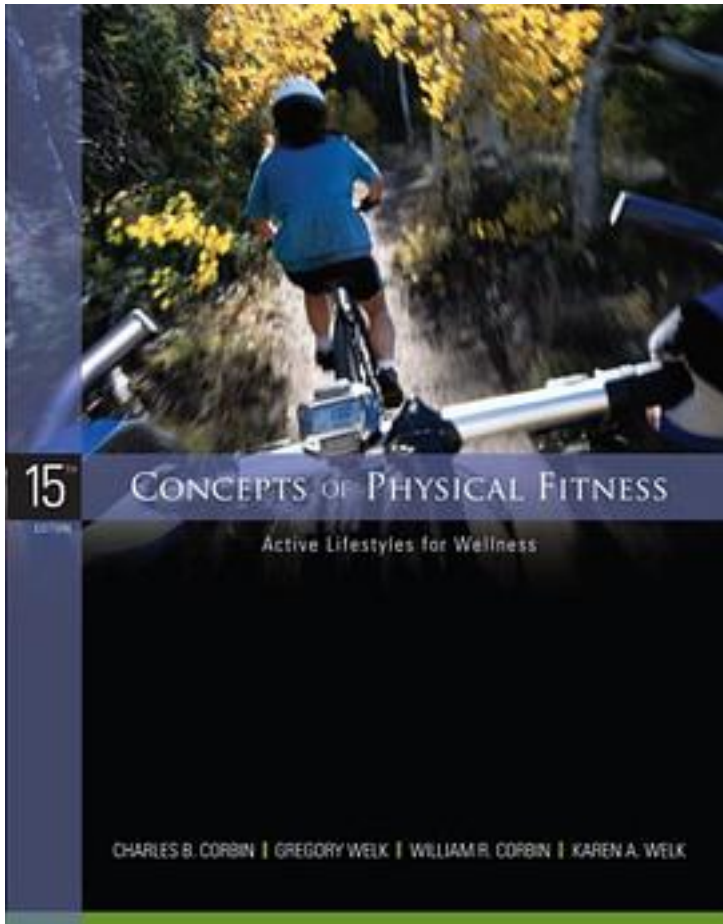


# Concepts of Physical Fitness



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著者:Corbin, Charles B./ Welk, Gregory J./ Corbin, William R./ Welk, Karen A.

出版者:McGraw-Hill College

出版时间:2006-12

装帧:Pap

isbn:9780073523576

"Concepts of Physical Fitness: Active Lifestyles for Wellness" provides readers with self-management skills necessary to adopt a healthy lifestyle. This well established text uses a proven conceptual format, brief concepts rather than chapters, to provide information in a useful and concise way, and is organized to focus on "process" or

lifestyle changes with early coverage of planning so students can apply the concepts immediately.

作者介绍:

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