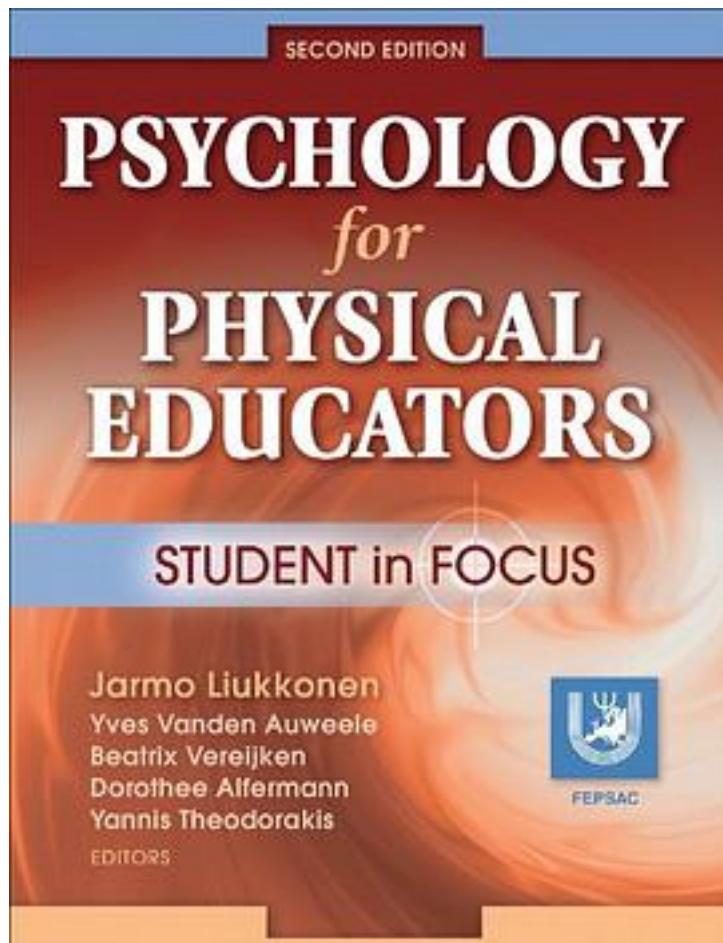


Psychology for Physical Educators



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出版者:Human Kinetics

出版时间:2007-4

装帧:HRD

isbn:9780736062404

This new edition features a wealth of practical examples with teacher applications and new textbook elements designed to make learning easier. The textbook includes four

sections - promotion of lifelong health and fitness, promotion of social skills for life, promotion of self-concept and cognitive skills and promotion of motor skills for life. The chapters within the book have also been revised to provide a textbook format which can be used by lecturers, including objectives, examples, keypoints, review questions, questionnaires, summaries, key terms and case studies, making this a valuable teaching aid. As a result of reading this book, physical education teachers and coaches will be prepared to understand and apply psychological strategies for the benefit of their students.

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