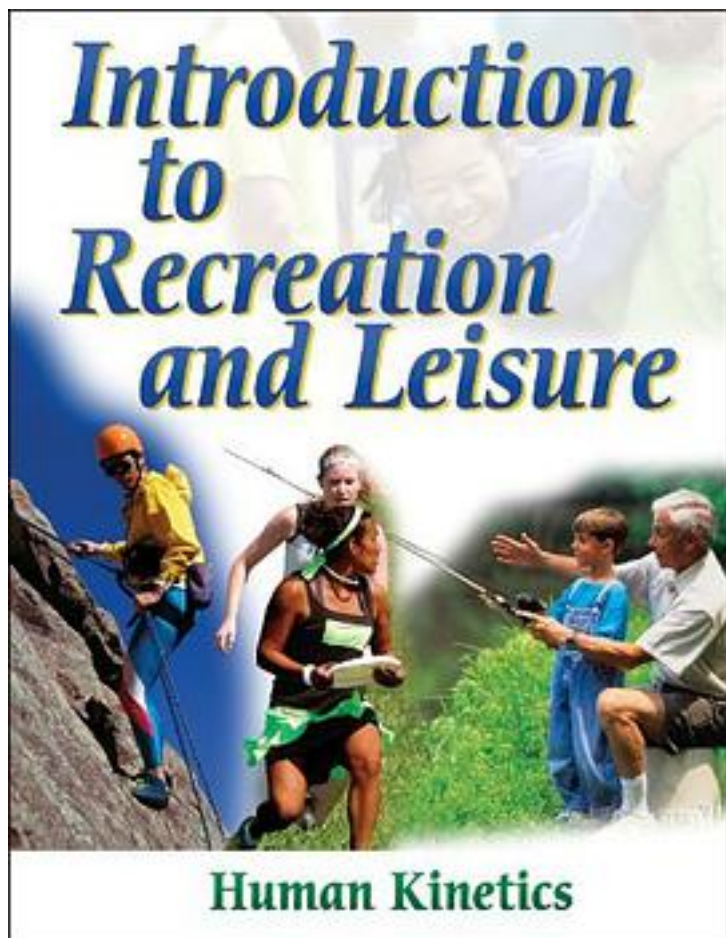


Introduction to Recreation and Leisure



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著者:Human Kinetics

出版者:Human Kinetics

出版时间:2005-12

装帧:HRD

isbn:9780736057813

Textbook for undergraduate students in recreation and leisure. Written by thirty four professors and professionals in recreation and leisure, to give a rounded view of the industry in the twenty first century. It presents historical, philosophical and social

aspects of the industry, which students can use to build up a sound background knowledge, and encompasses a variety of services, including recreational sports, outdoor activities, gyms, leisure centres and the arts. It profiles the wide range of career options available to students who want to work in the recreation and leisure sector.

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