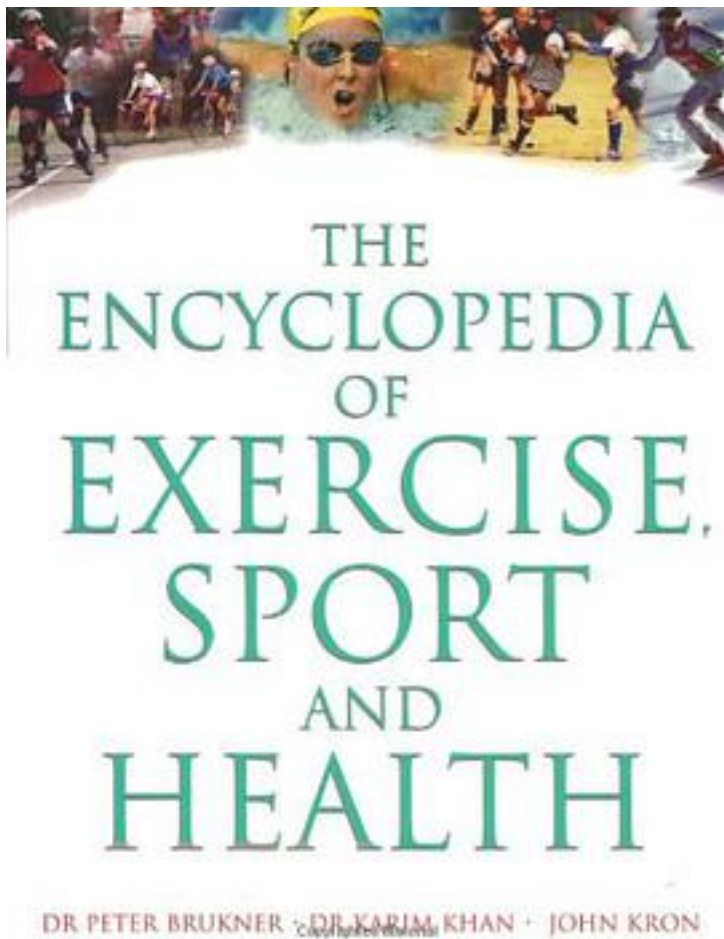


The Encyclopedia of Exercise, Sport and Health



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出版者:Independent Pub Group

出版时间:

装帧:Pap

isbn:9781741140583

This encyclopedia contains a comprehensive alphabetical guide for more than 2,000 entries on the full array of topics related to sports health including training, nutrition, psychology, injuries, illness, prevention, and alternative therapies. Clearly illustrated

with photos and clear anatomical line drawings, this book has jargon-free explanations for thousands of questions about the health- and fitness-related aspects of exercise and sports. For those who have suffered a sports injury, have children involved in sports, are studying physical education, or just want to know about health-improving exercises, this is an invaluable reference guide.

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