



Physical Best activity guide : elementary level /

Physical Best (Program)

Human Kinetics,
cop. 2005

Monografía

<https://rebiunoda.pro.baratznet.cloud:28443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMzUxODEyNw>

Título: Physical Best activity guide elementary level National Association for Sport and Physical Education

Edición: 2nd ed

Editorial: Champaign, IL Human Kinetics cop. 2005

Descripción física: xiii, 193 p. il. 29 cm + 1 CD-ROM (4 3/4 in.)

Contenido: Teaching elementary level health-related fitness -- Introduction to health-related fitness concepts -- Activities -- Aerobic fitness -- Muscular strength and endurance -- Flexibility -- Body composition -- Special events

ISBN: 0-7360-4803-0 soft cover)

Materia: Educación física- Enseñanza

Entidades: National Association for Sport and Physical Education

Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es