



Handball: A Scientific Investigation

By Parminder Singh

LAP Lambert Academic Publishing Sep 2014, 2014. Taschenbuch. Book Condition: Neu. 221x149x15 mm. Neuware - The purpose of the study is to investigate the anthropometric, motor fitness and motor skill determinants of performance in inter-college level Handball players at university level competitions. The study is helpful for physical education teachers and coaches for screening and selection of the team. The study provides guidelines to physical education teachers and coaches for designing suitable training schedules, the findings of the study serve as feedback to further improve their performance and the study adds a new dimension to literature of physical education and sports. 144 pp. Englisch.



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