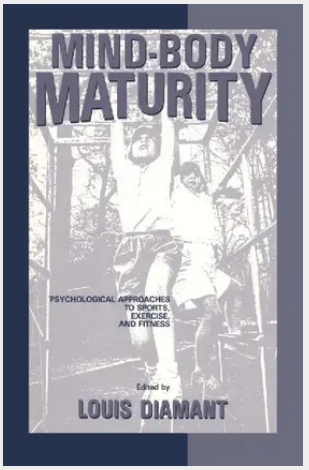
Diamant

Mind-Body Maturity

Psychological Approaches to Sports, Exercise, and Fitness

A description of the ways in which sport, exercise and fitness affect human psychology and development from before birth to old age. The contributing authors cover psychological attitudes to fitness, environmental factors, adolescent identity and moral development.

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185,50 €
185,50 € (zzgl. MwSt.)

Nicht mehr lieferbar

Artikelnummer: 9780891168928
Medium: Buch
ISBN: 978-0-89116-892-8
Verlag: Taylor & Francis
Erscheinungstermin: 01.02.1991
Sprache(n): Englisch
Auflage: 1. Auflage 1991
Produktform: Gebunden
Gewicht: 562 g
Seiten: 286
Format (B x H): 156 x 234 mm

Kundenservice Verlag Dr. Otto Schmidt KG
Neumannstraße 10, 40235 Düsseldorf | kundenservice@otto-schmidt.de | 0221-93738-997 (Inland)