



Comprehensive

PHYSICAL EDUCATION LAB MANUAL



Salient Features

- History
- General Rules
- Court/Field Specifications
- Fundamental Skills
- Equipment and Sports Gear
- Specific Exercises
- Injuries-Prevention and Treatment
- Related Sports Terminologies
- Important Tournaments
- Awards
- Important Personalities
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- Olympic Movement and Athletics Records
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Physical Education Lab Manual

Minjie Lin



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