

New Title List - Dec 2019  
二零一九年十二月新書目錄

Subject / 主題	Call No. / 索書號	Title / 書名	
Chinese/ English Books 中/英文書籍			
Human mechanics.	QP303 .B557 2018	Biomechanical evaluation of movement in sport and exercise : the british association of sport and exercise sciences guide / edited by Carl J. Payton and Adrian Burden.	
Kung fu  Training.	GV1114.7 .Y54 2018	Wing tsun 116 : wooden dummy techniques / Yip Chun.	
Martial arts  Asia.	GV1100.69 .M37 2018	Martial arts in asia : history, culture and politics / edited by Fan Hong and Gwang Ok.	
Massage therapy.	RM721 .J642 2018	體育運動中的軟組織放鬆技術 = Soft tissue release / 簡·約翰遜 (Jane Johnson) 著 ; 王雄, 韓藝玲譯.	

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Chinese/ English Books 中/英文書籍	Physical fitness for older people.	GV482.6 .B47 2018	Play on : the new science of elite performance at any age / Jeff Bercovici.	
	Reducing exercises.	RA781.6 .K64 2017	Hit it hard with HIIT : how to melt fat and optimize performance with high intensity interval training (HIIT) workouts / Ron Kness.	
	Rugby Union football   Fiji.	GV945.9.F5 R93 2018	Sevens heaven : the beautiful chaos of Fiji's Olympic dream / Ben Ryan with Tom Fordyce.	
	Self-actualization (Psychology)   Juvenile literature.	BF637.S4 S92 2018	You are awesome / Matthew Syed ; illustrated by Toby Triumph.	

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	Sports   Rules.	GV731 .H85 2019	The sports rules book / Human Kinetics with Myles Schrag.	
	Sports injuries   Congresses.	RD97 .V65 2019	Muscle injury in the athlete : the Italian consensus conference guidelines / Piero Volpi, Gian Nicola Bisciotti.	
	Sports medicine   Outlines, syllabi, etc.	RC1213 .A268 2018	ACSM's certification review / American College of Sports Medicine ; senior editor, James R. Churilla ; associate editors, Andrew Boask, Brittany Montes, Paul Sorace.	
	Tennis   Training.	GV1002.9.T7 H35 2012	Advanced concepts of strength & conditioning for tennis / Philipp Halfmann.	