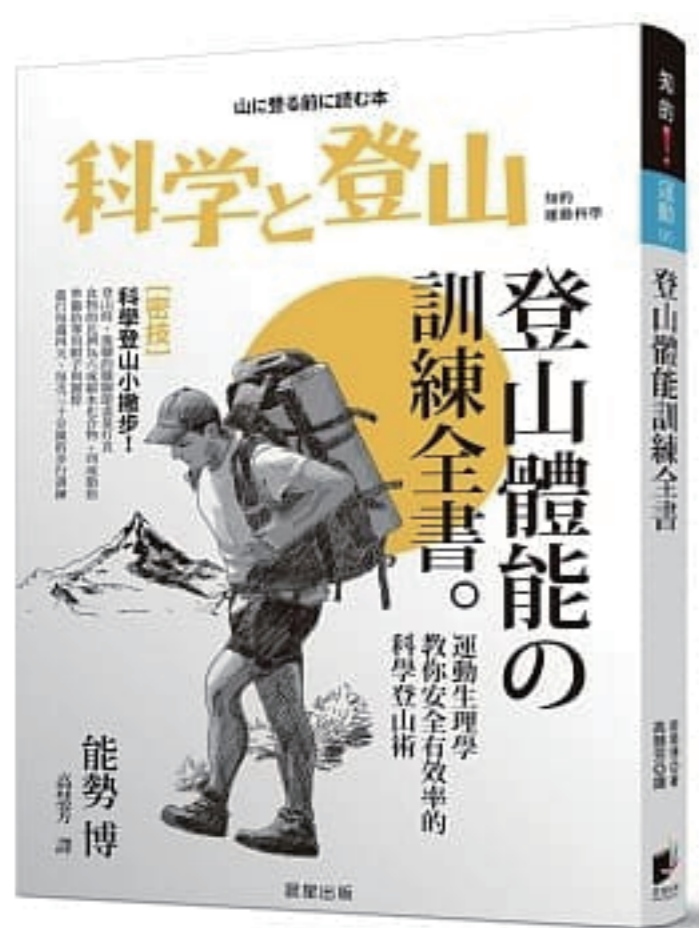


動 一 動

能 讚 ！



993-1

登 山 體 能 訓 練 全 書

台灣第一本以登山體能訓練為主題的專書，應用運動生理學概念的科學登山術，確實掌握體能，讓登山活動安全有效！



993-1

登 山 ， 才 看 得 見 最 美 的 台 灣

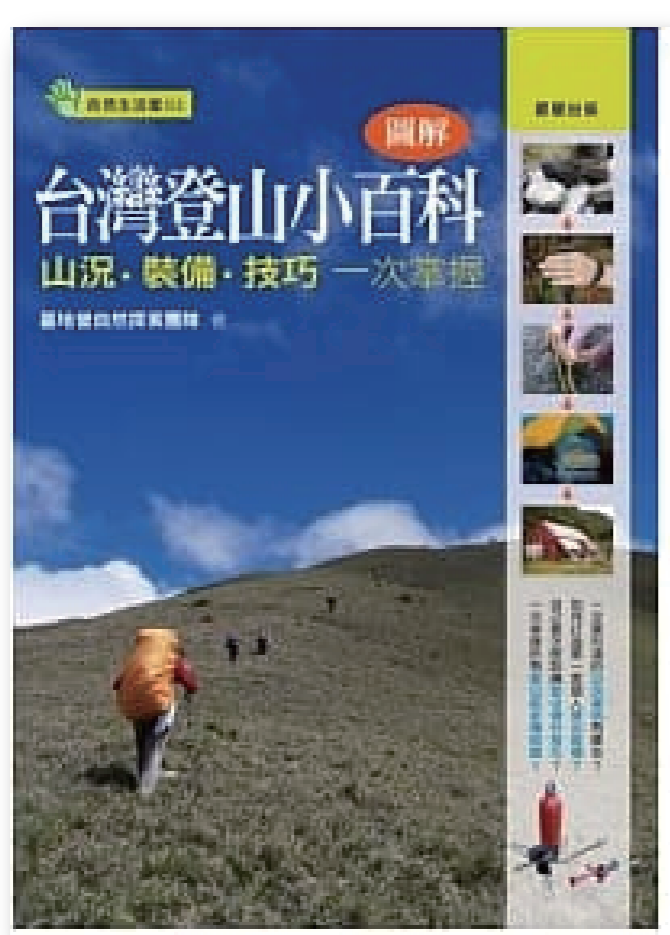
給初學登山／或對登山有興趣但無管道或概念的人，一本迅速擁有正確登山概念，並推薦66條身為台灣人一定要知道的經典登山入線。



993-1

登 山 聖 經

登山學的圭臬鉅作，四十餘位登山翹楚傾囊相授，完整介紹最新的登山技術與必攜裝備，提供讀者最清楚、完整、權威的觀念和技巧。



993-1

圖 解 台 灣 登 山 小 百 科

集結國內多位知名登山好手、資深登山嚮導，在書中分享多年個人與帶隊經驗，第一本最完備的台灣登山健行小百科。



993-1

登 山 前 一 定 要 知 道 的 事

本書由登山多年的專業作者，以三十年來實際的體驗及研究，幫助登山者做更完善的訓練，以及如何恢復疲勞，讓你安全健康的享受登山帶來的無限樂趣！



993-1

登 山 體 能 訓 練 營

本書從登山前的日常訓練、行山訓練及營養管理，到登山後的復位訓練與放鬆，提供了打造「登山體格」的各項必備知識！

動一動 能讚!



E E09

咪醬, 快跑!

明天就是運動會了，咪醬不擅長賽跑，心裡有點擔心，該怎麼辦呢？沒關係，我們請來了很多動物陪咪醬練習跑步。熟悉跑步方法後，要怎麼做才能跑得快呢？



E C30

我和爸爸的游泳課

正在學游泳的女孩莉莉，有一位既愛操心又容易緊張的爸爸，每次去上游泳課前，爸爸總要叮嚀一番，但是... 不會游泳又怕水的人，明明就是爸爸啊！



E C23

鴨子騎車記

鴨子騎腳踏車？從綿羊、馬、雞... 到山羊，每種動物對鴨子的突發奇想，都有自己的看法。他們真正的想法是什麼？接下來會發生什麼事？



F C16

跑道

剛滿十二歲的政彬因為無法突破跑跳瓶頸，讓他屢遭挫折。在一連串質疑和怨天尤人的心路歷程後，政彬終於體會公平競爭以及不能以成敗論英雄之意義。



F B02-2

長跑少年

暑假正式放假那天，我決定環島。我開始從台北往下跑，路上會經過學校，跑過心理診所，我心底知道，我有預感，只要跑下去，有一天我將不會再走進來。

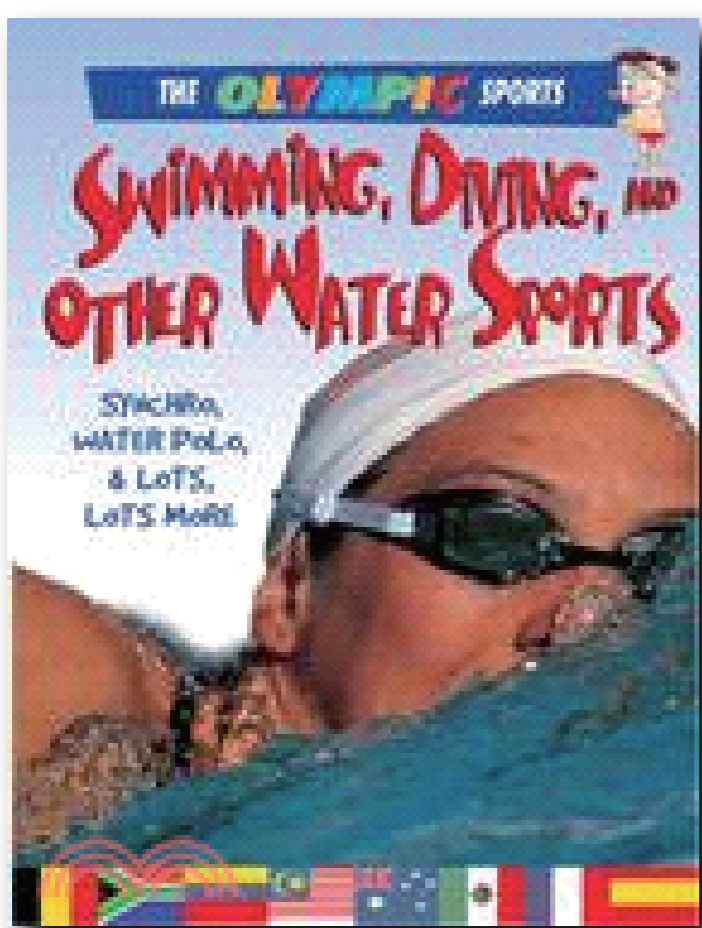


993

體育運動知多少

見識廣博的貓頭鷹導遊準備帶領我們一起去認識各種有趣的體育運動，接著去細看武術運動的由來。世上有很多有趣的運動，你知道更多嗎？

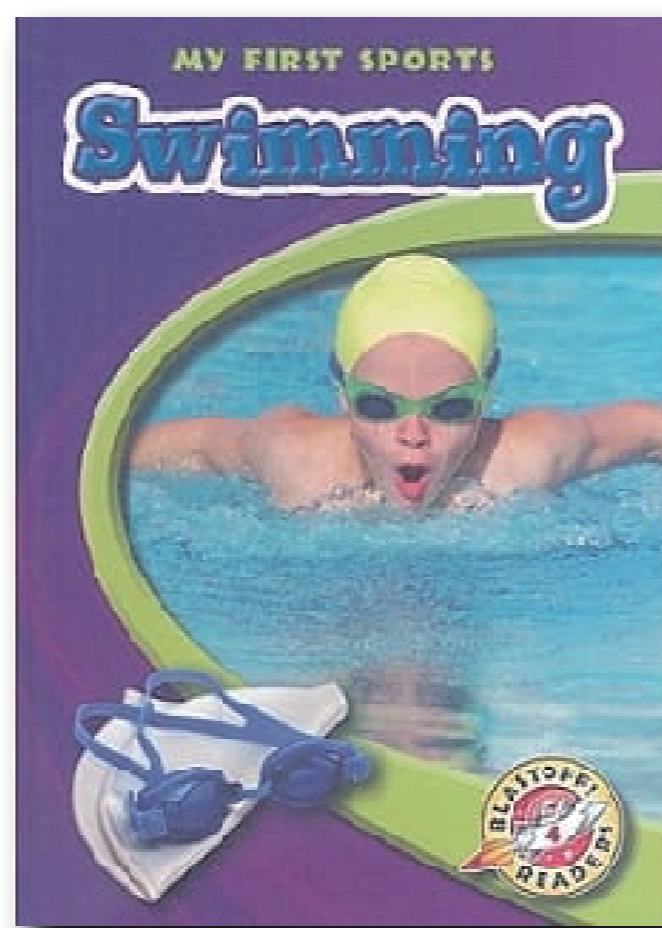
Let's Exercise!



993-2

Swimming, Diving, and Other Water Sports

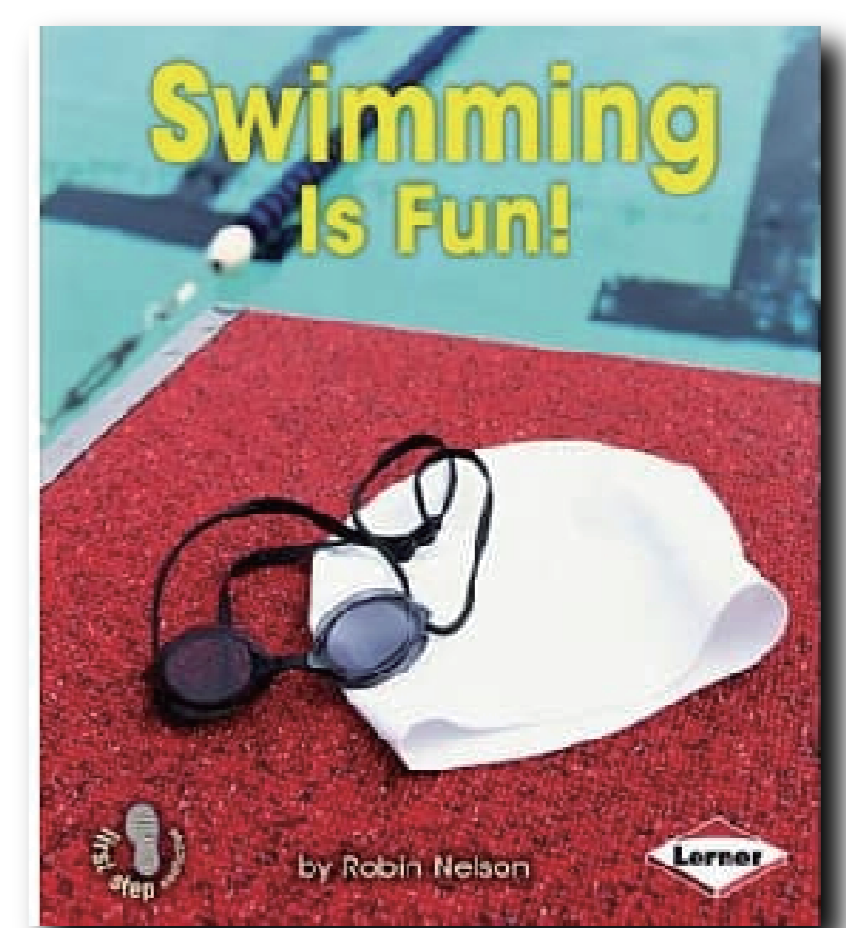
This entertaining series provides children with a fascinating overview of each event that is included in the Summer Olympic games, including its history, rules, and equipment.



993-2

Swimming

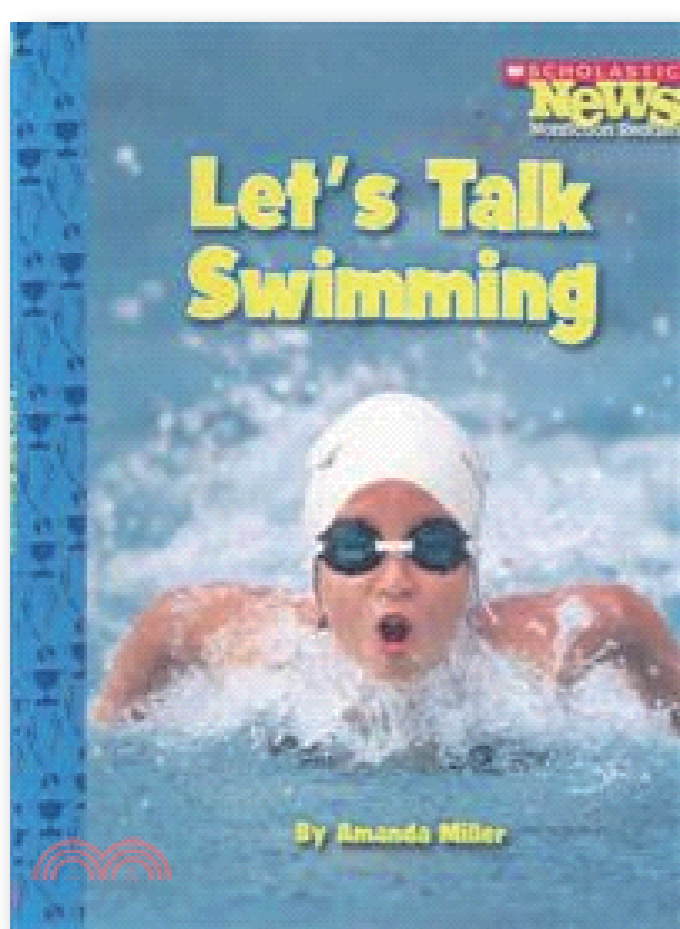
People swim for many different reasons--recreation, exercise, or competition. The goal of competitive swimming is to be the fastest in a variety of events featuring different strokes. Kids will learn the history, strokes, rules, and much more.



ES

Swimming Is Fun!

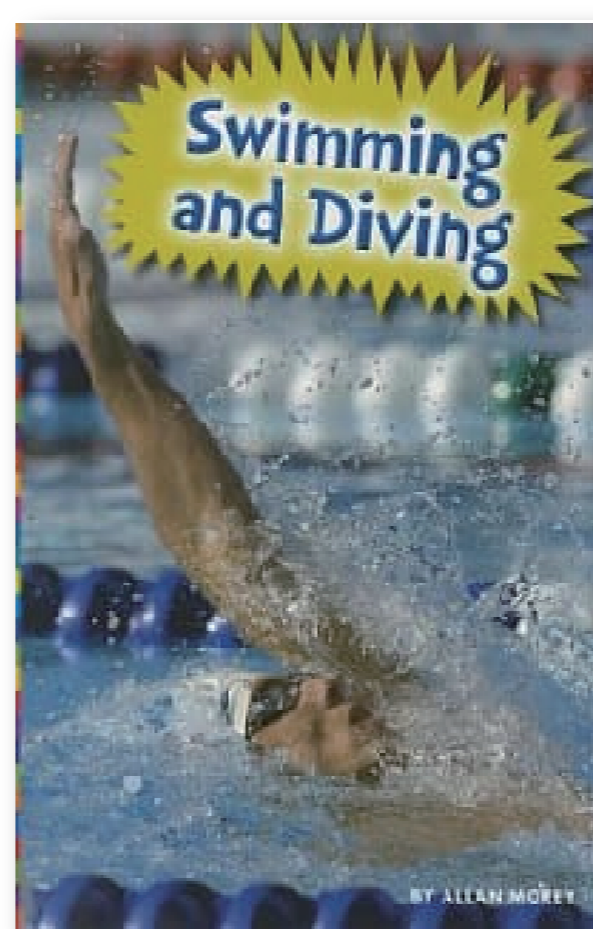
From learning the crawl to doing the backstroke, swimming is fun. Learn the basics of the sport while building reading skills with these supportive texts.



993-2

Let's Talk Swimming

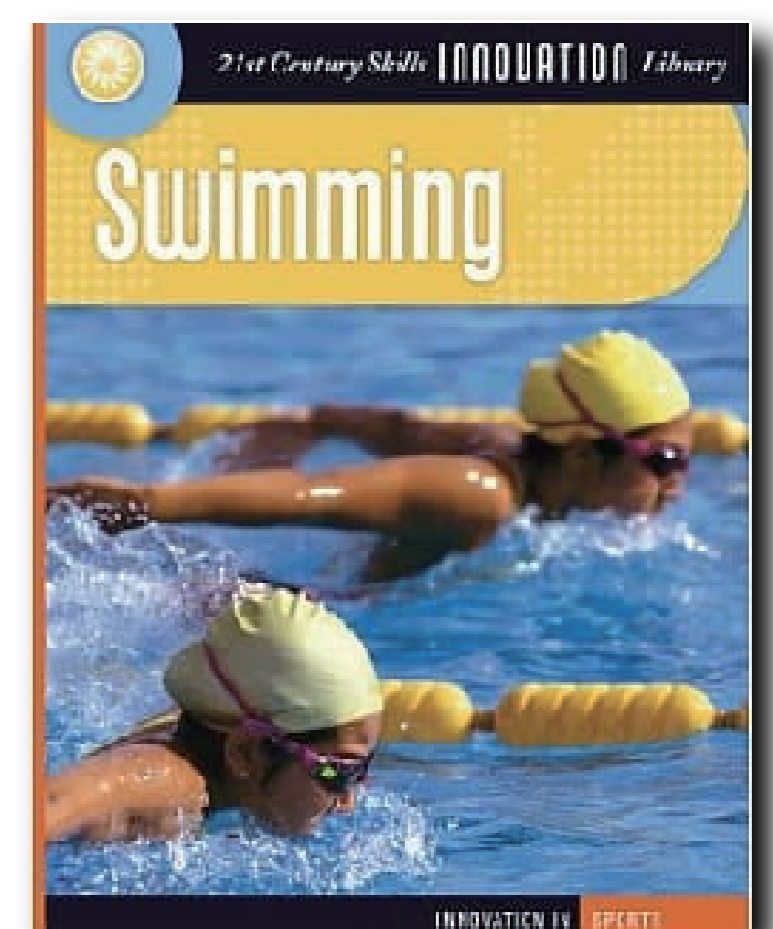
Introduces competitive swimming, including the different types of strokes, the equipment used, and how swimming races are organized.



993-1

Swimming and Diving

Presents information about swimming and diving in the Olympics including different types of swimming strokes, different diving events, and synchronized swimming.

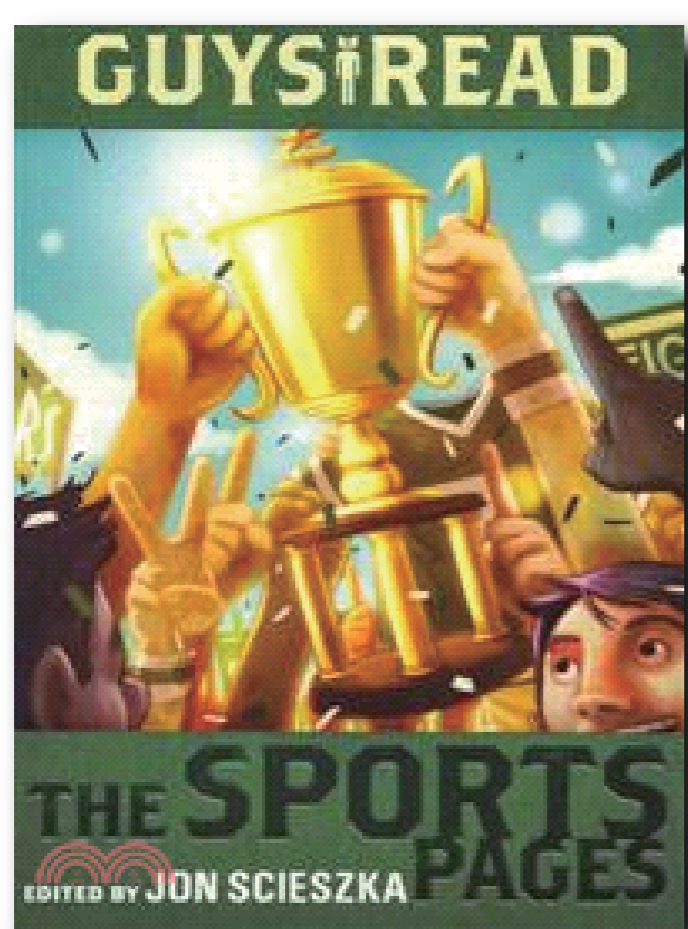


440-2

Swimming

This book uses a sport kids love, swimming, to highlight how innovation has been used to make the sport and the people who compete in it, better.

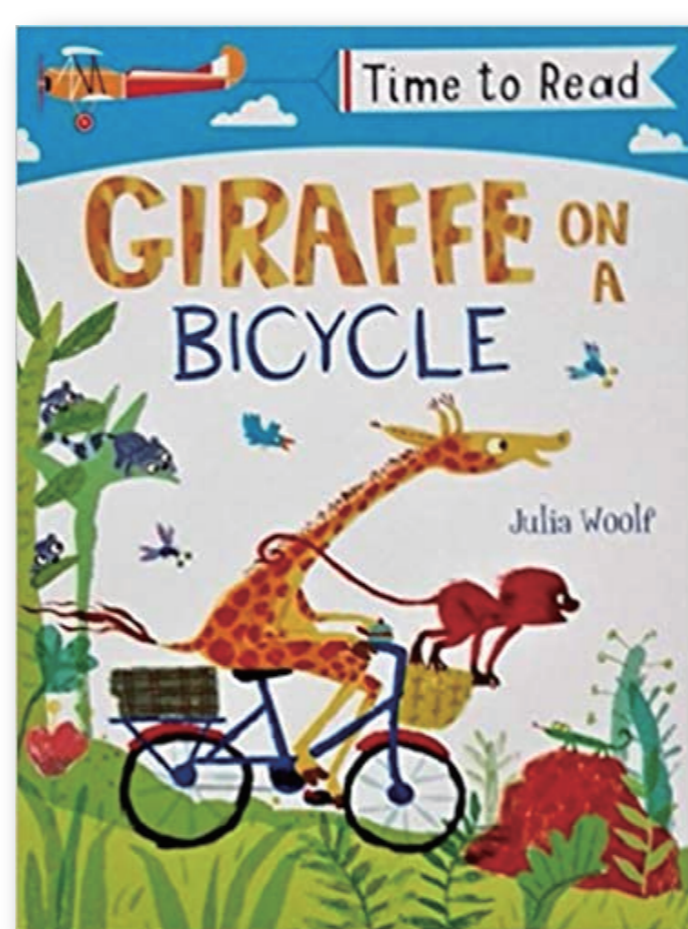
Let's Exercise!



F GUY

Guys Read The Sports Pages

A collection of sports stories featuring everything from fighting to friendship, set everywhere from the tennis court to the hockey rink.



E TIM

Giraffe on a Bicycle

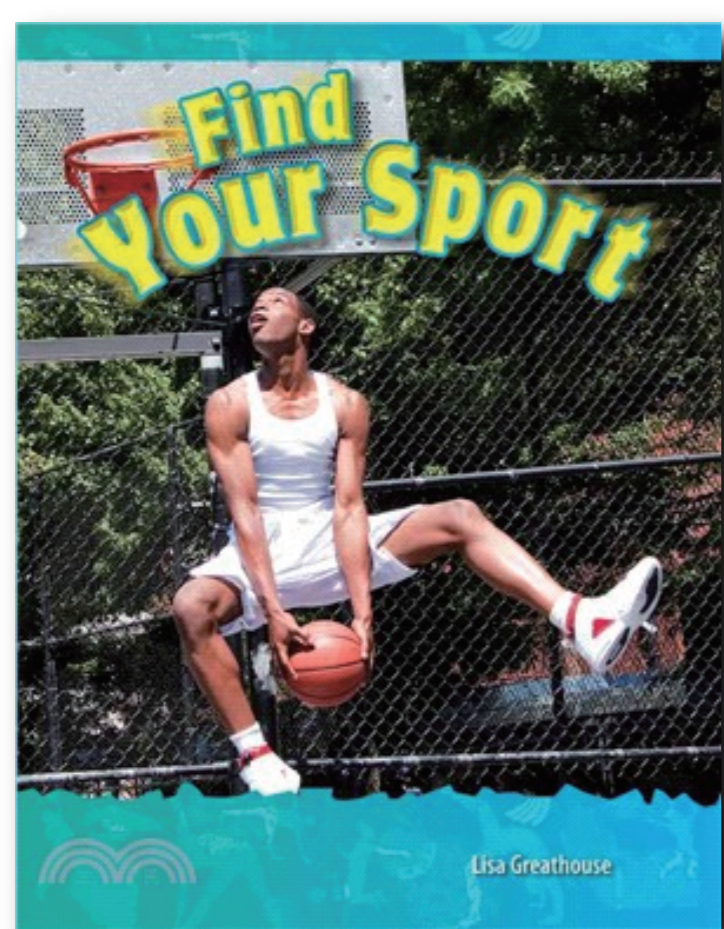
Monkey has found a bicycle! And luckily, giraffe know how to ride it..... sort of. But with a host of other animals keen to join in the fun, they could be in for a bumpy ride!



E S

Sally Jean, the Bicycle Queen

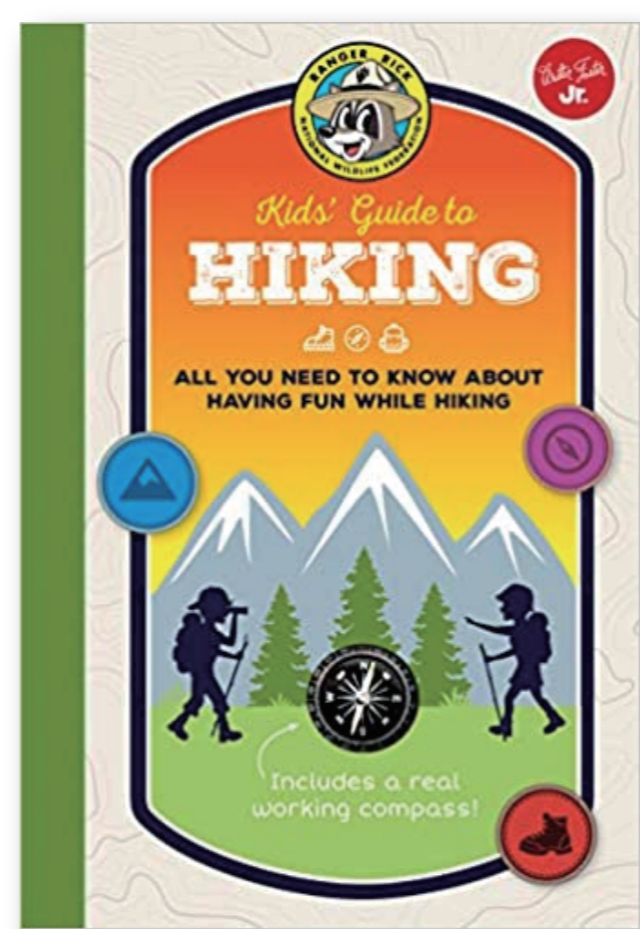
Sally Jean was born to ride. And her bicycle, Flash, is just about her best friend. But one day something terrible happens. Sally Jean grows. Suddenly she finds herself too big for Flash. What's a Bicycle Queen to do?



411-3

Find Your Sport

Explains the health benefits of participating in sports and safety measures to follow in order to prevent injuries, as well as the importance of sportsmanship.



997. 7-2

Ranger Rick Kids' Guide to Hiking

If you find yourself wanting to explore more of the wilderness, then you will love the Ranger Rick Kids' Guide to Hiking. You'll learn to hike like a pro and have lots of fun while doing it.



546

I Like Sports

From being a swimming instructor, a referee, a sport nutritionist and many more, this book will take you through a day in the life of 25 sporty workers, showing you how each job unfolds on a typical working day.