

## TABLE OF CONTENTS

### 目 录

**Discussing the Origin of the Sports Again in an Evolutionary Perspective**  
(物演论视角下再探讨体育起源)

C. Y. PEI, Q. Q. TAOYUAN.....119

**The Investigation and Countermeasure Research of Chinese Female Elite Throwing Athletes' Dietary Nutrition Status Quo**  
(我国高水平女子投掷运动员膳食营养现状调查及对策研究)

J. F. ZHOU, J. M. CAO.....125

**Analyzing Gas Volleyball Technical and Tactical Features**  
(浅析气排球技、战术特点)

X. F. MA, S. B. LI, S. H. LI.....131

**The Impact of Work Procedures with 18 Procedures on Cervical Type Cervical Spondylosis of the Middle-Aged and Older Women**  
(练功十八法对中老年女性颈型颈椎病的作用)

Y. YAN, Y. W. CUI, Y. YANG, Y. XIA, L. J. WANG.....137