COURSE DETAIL

YOGA
Country Korea, South
Host Institution Yonsei University
Program(s) Yonsei University
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Physical Activities
UCEAP Course Number 80
UCEAP Course Suffix
UCEAP Official Title YOGA
UCEAP Transcript Title YOGA
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description

This course introduces students to the fundamentals of yoga. During this course, students gain an understanding of the basic concepts and theory related to yoga, while learning and practicing basic asanas (poses). This course is predominantly participation-based and includes discussions and a final group (or individual) project. After completing this course, students are able to develop their own practices that can be applied in various aspects of daily life.

Language(s) of Instruction
Korean

Host Institution Course Number
UCL1121

Host Institution Course Title
YOGA

Host Institution Course Details

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Physical Education

Course Last Reviewed
2022-2023

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