

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 Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Physical Education

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