COURSE DETAIL

PILATES
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 27
UCEAP Course Suffix
UCEAP Official Title PILATES
UCEAP Transcript Title PILATES
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description

The overall objectives of this class are 1) to provide training for improving muscle control, strength and flexibility; 2) to help correct formation of body posture.

Language(s) of Instruction
Korean

Host Institution Course Number
UCL1215

Host Institution Course Title
PILATES

Host Institution Course Details
http://ysweb.yonsei.ac.kr:8888/curri120601/curri_pop2.jsp?&hakno=UCL1215&bb=04&...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Health & Sports

Course Last Reviewed
2021-2022

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