

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 Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Health & Sports

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