COURSE DETAIL

PHYSICAL TRAINING
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 19
UCEAP Course Suffix
UCEAP Official Title PHYSICAL TRAINING
UCEAP Transcript Title PHYSICAL TRAINING
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description

Once completion of this course you will be able to: perform basic body exercises with proper form, understand fundamental movements in weight training, make and understand exercise programming, and understand the basics of rehabilitation and sports injuries. Topics include stretching, oriental beneficial exercise, core training, weight training, Tabata, sports massage, and Freeletics.

Language(s) of Instruction
English

Host Institution Course Number
UCL1109

Host Institution Course Title
PHYSICAL TRAINING

Host Institution Course Details
http://ysweb.yonsei.ac.kr:8888/curri120601/curri_pop2.jsp?&hakno=UCL1109&bb=04&...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Health and Sports

Course Last Reviewed
2021-2022

Print