

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 Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Health and Sports

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