

## COURSE DETAIL

### TAEKWONDO FOR BEGINNERS

**Country**

Taiwan

**Host Institution**

National Taiwan University

**Program(s)**

National Taiwan University

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Physical Activities

**UCEAP Course Number**

38

**UCEAP Course Suffix****UCEAP Official Title**

TAEKWONDO FOR BEGINNERS

**UCEAP Transcript Title**

BEGIN TAEKWONDO

**UCEAP Quarter Units**

0.50

**UCEAP Semester Units**

0.30

## Course Description

The purpose of this course is to enable students to have a deeper understanding of Taekwondo through explanations and practical operations, and to be familiar with the rules and have professional knowledge to watch Taekwondo competitions. And through the practice of class content, improve self-body coordination ability, muscle strength, muscle endurance and simple self-defense skills.

## Language(s) of Instruction

Chinese

## Host Institution Course Number

PE2138

## Host Institution Course Title

TAEKWONDO FOR BEGINNERS

## Host Institution Campus

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Physical Education

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