

## COURSE DETAIL

### PHYSICAL ACTIVITY, SPORTS, AND HEALTH

**Country**

Chile

**Host Institution**

Pontifical Catholic University of Chile

**Program(s)**

Pontifical Catholic University of Chile

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Physical Education

**UCEAP Course Number**

103

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

PHYSICAL ACTIVITY, SPORTS, AND HEALTH

**UCEAP Transcript Title**

PHY ACTIVITY&HEALTH

**UCEAP Quarter Units**

5.00

**UCEAP Semester Units**

3.30

## Course Description

This course offers a study of everything from recreational activity to competitive or high-performance sports and analyzes the impact of practicing physical activity and sports as a social and economic phenomenon. It explores the use of physical exercise as an element of prevention and therapy, as well as a vocational and work option.

### Language(s) of Instruction

Spanish

### Host Institution Course Number

DPT9045

### Host Institution Course Title

ACTIVIDAD FÍSICA, DEPORTE Y SALUD

### Host Institution Course Details

### Host Institution Campus

SAN JOAQUÍN

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

FORMACIÓN GENERAL

### Course Last Reviewed

2022-2023

[Print](#)