

# 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 Campus**

SAN JOAQUÍN

## **Host Institution Faculty**

## **Host Institution Degree**

## **Host Institution Department**

FORMACIÓN GENERAL

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