COURSE DETAIL

AEROBIC DANCE
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 4
UCEAP Course Suffix
UCEAP Official Title AEROBIC DANCE
UCEAP Transcript Title AEROBIC DANCE
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description

This course teaches aerobic exercise and physical/mental wellness, and uses a combination of exercise moves to encourage participation. The class is meant to engage every student to apply the principles into everyday life. The course encourages participation and enthusiasm for aerobic exercises, and greater knowledge of how to build a lifelong exercise habit. We will also split into groups to promote social skills and interpersonal interaction.

Language(s) of Instruction
Chinese

Host Institution Course Number
PE5003

Host Institution Course Title
AEROBIC DANCE

Host Institution Course Details
http://nol.ntu.edu.tw/nol/coursesearch/print_table.php?course_id=002%2050890&cl...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Physical Education

Course Last Reviewed
2022-2023

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