

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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