COURSE DETAIL

HEALTH AND EXERCISE
Country Korea, South
Host Institution Yonsei University
Program(s) Yonsei University
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Physical Education
UCEAP Course Number 30
UCEAP Course Suffix
UCEAP Official Title HEALTH AND EXERCISE
UCEAP Transcript Title HEALTH & EXERCISE
UCEAP Quarter Units 4.50
UCEAP Semester Units 3.00

Course Description

This course covers the changing concept of health and discusses comprehensive information about health and exercise (physical fitness, adult diseases, nutrients, stress, smoking, drinking and fatigue). Topics include personal well-being for a healthy life; nutrition and health; cardiovascular fitness and health; metabolic fitness and health; muscles, nerves, skeletal physical strength and health; exercise and healthy aging; muscle strength; and muscular endurance.

Language(s) of Instruction
Korean

Host Institution Course Number
YCL1402

Host Institution Course Title
HEALTH AND EXERCISE

Host Institution Course Details
http://ysweb.yonsei.ac.kr:8888/curri120601/curri_pop2.jsp?&hakno=YCL1402&bb=01&...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed
2021-2022

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