

# 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&s...](http://ysweb.yonsei.ac.kr:8888/curri120601/curri_pop2.jsp?hakno=YCL1402&bb=01&s...)

## Host Institution Campus

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

## Course Last Reviewed

2021-2022

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