

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 Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

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