

COURSE DETAIL

QIGONG

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

7

UCEAP Course Suffix**UCEAP Official Title**

QIGONG

UCEAP Transcript Title

QIGONG

UCEAP Quarter Units

0.50

UCEAP Semester Units

0.30

Course Description

This is a physical education class instructing students in Qigong, a mindful moving meditation practice focused on healing aspects of cultivating one's "qi." This class meets once a week. Half of our time is dedicated to lecture and half is dedicated to practice. Attendance is mandatory. Basic Chinese understanding would be helpful as the class is conducted completely in Chinese.

Language(s) of Instruction

Chinese

Host Institution Course Number

PE7002

Host Institution Course Title

QIGONG

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Athletics

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