

## 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 (ELECTIVE COURSE OF PE)

## Host Institution Campus

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Athletics

[Print](#)