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 Course Details
http://nol.ntu.edu.tw/nol/coursesearch/print_table.php?course_id=002%2070520&cl...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Athletics

Course Last Reviewed
2022-2023

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