

## COURSE DETAIL

### RHYTHMIC GYMNASTICS I

**Country**

China

**Host Institution**

Fudan University

**Program(s)**

Fudan University

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Physical Activities

**UCEAP Course Number**

54

**UCEAP Course Suffix****UCEAP Official Title**

RHYTHMIC GYMNASTICS I

**UCEAP Transcript Title**

RHYTHMIC GYMNASTICS

**UCEAP Quarter Units**

0.50

**UCEAP Semester Units**

0.30

## Course Description

(A) Through the basic skills of rhythmic gymnastics teaching, cultivate students' good body posture and movement sense of rhythm, rhythm, beauty and expression.

(2) Develop students' flexibility, agility, jumping and other special physical qualities, improve students' balance and coordination ability, strengthen strength and endurance training, and develop their physical qualities in an all-round way.

(3) Through the teaching of rhythmic gymnastics, students can establish a correct aesthetic view, improve their musical quality and viewing ability, and cultivate elegant sentiments.

(4) Health education should be carried out in teaching, and rhythmic gymnastics should be closely linked with health and lifelong physical education.

### Language(s) of Instruction

Chinese

### Host Institution Course Number

PEDU110154

### Host Institution Course Title

RHYTHMIC GYMNASTICS I

### Host Institution Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

Physical Education

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