COURSE DETAIL

PILATES
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 6
UCEAP Course Suffix
UCEAP Official Title PILATES
UCEAP Transcript Title PILATES
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description

This course focuses on core muscle training, combined with correct breathing and movement techniques, to help you improve your posture, sculpt your curves, and strengthen muscle control and stability to promote physical and mental health.

Language(s) of Instruction
Chinese

Host Institution Course Number
PE2147

Host Institution Course Title
PILATES

Host Institution Course Details
https://nol2.aca.ntu.edu.tw/nol/coursesearch/print_table.php?course_id=002%2051...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed
2023-2024

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