

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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