

COURSE DETAIL

BASIC WRESTLING

Country

Japan

Host Institution

Waseda University

Program(s)

Waseda University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Physical Activities

UCEAP Course Number

15

UCEAP Course Suffix**UCEAP Official Title**

BASIC WRESTLING

UCEAP Transcript Title

BASIC WRESTLING

UCEAP Quarter Units

0.50

UCEAP Semester Units

0.30

Course Description

This wrestling course is for beginners to learn basic movements as a recreational activity. It aims to build a body with high flexibility and endurance by incorporating stretching and aerobic exercises to absorb more oxygen. The class also teaches how to stimulate muscles and to build strength through resistance training using one's own or partner's body weight.

Language(s) of Instruction

Japanese

Host Institution Course Number

HPEX101W

Host Institution Course Title

BASIC WRESTLING

Host Institution Campus

Waseda University

Host Institution Faculty

Host Institution Degree

Host Institution Department

Open Education Center

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