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
WRESTLING BASIC

Host Institution Course Details
https://www.wsl.waseda.jp/syllabus/JAA104.php?&pKey=9S070400470120249S070400479...

Host Institution Campus
Waseda University

Host Institution Faculty

Host Institution Degree

Host Institution Department
Open Education Center

Course Last Reviewed
2023-2024

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