

## COURSE DETAIL

### CHINESE KUNGFU

**Country**

China

**Host Institution**

Fudan University

**Program(s)**

Shanghai Summer

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Physical Education

**UCEAP Course Number**

2

**UCEAP Course Suffix**

S

**UCEAP Official Title**

CHINESE KUNGFU

**UCEAP Transcript Title**

CHINESE KUNGFU

**UCEAP Quarter Units**

0.50

**UCEAP Semester Units**

0.30

### **Course Description**

The course aims to introduce Chinese traditional culture to students through Chinese Kungfu training experience, improve their blood circulation and physical fitness, have basic self-defense method, and have experience of Jing ( Spirit ), Qi ( Air ), Shen ( Concentration of Mind ) in Chinese Kungfu.

Chinese Kungfu, (also known as Wushu or martial arts) is one of the most well-known physical arts of traditional Chinese culture which is also probably one of the earliest and longest-lasting sports using both brawn and brain. Based upon classical Chinese philosophy, Kungfu has developed as a unique combination of exercise, practical self-defense, self-discipline and art over its long history. It could be divided into two types: "external Kungfu" and "internal Kungfu". In external Kungfu, you exercise your tendons, bones, and skin. In internal kungfu, you train your spirit, Qi, and mind.

### **Language(s) of Instruction**

English

### **Host Institution Course Number**

PEDU170002

### **Host Institution Course Title**

CHINESE KUNGFU

### **Host Institution Course Details**

### **Host Institution Campus**

### **Host Institution Faculty**

### **Host Institution Degree**

### **Host Institution Department**

Fudan International Summer Session 2024

**Course Last Reviewed**

2024-2025

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