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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