COURSE DETAIL

YOGA
Country China
Host Institution Peking University, Beijing
Program(s) Peking University
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Physical Education
UCEAP Course Number 2
UCEAP Course Suffix
UCEAP Official Title YOGA
UCEAP Transcript Title YOGA
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description

The practice teaching of this course mainly teaches the basic practice of yoga, including yoga breathing, postures, pranayama and yoga rest. The theory teaching section of this course mainly teaches the definition, origin, development stage, meridian and chakra of yoga, and how yoga promotes the physical and mental health of modern people.

Language(s) of Instruction
Chinese

Host Institution Course Number
04130440

Host Institution Course Title
YOGA

Host Institution Course Details
https://elective.pku.edu.cn/elective2008/edu/pku/stu/elective/controller/electi...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed
2024-2025

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