

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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