

COURSE DETAIL

YOGA

Country

Japan

Host Institution

Tohoku University

Program(s)

Engineering and Science

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Physical Activities

UCEAP Course Number

13

UCEAP Course Suffix**UCEAP Official Title**

YOGA

UCEAP Transcript Title

YOGA

UCEAP Quarter Units

0.50

UCEAP Semester Units

0.30

Course Description

This course teaches yoga asanas (poses) and how their sequences affect one's mind and body. Course participants will also practice sitting quietly without the use of smartphones or other electronic devices, reflecting on its effects. Additionally, class participants will share traditional therapeutic diets and treatments from their home countries. A report is expected to be submitted during the final week of the class.

Language(s) of Instruction

English

Host Institution Course Number

N/A

Host Institution Course Title

INTRODUCTION TO HEALTH WORKOUTS IN THEIR COUNTRY AND THE PRACTICE OF INTERNATIONAL HEALTH MOVEMENT YOGA

Host Institution Course Details

Host Institution Campus

Tohoku University

Host Institution Faculty

Host Institution Degree

Host Institution Department

Collegewide

Course Last Reviewed

2024-2025

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