COURSE DETAIL

SHAPE
Country China
Host Institution Peking University, Beijing
Program(s) Peking University
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Physical Activities
UCEAP Course Number 21
UCEAP Course Suffix
UCEAP Official Title SHAPE
UCEAP Transcript Title SHAPE
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description

Shape is a sport that forms a symmetrical and graceful posture through the practice of bare-handed limbs. It is a form of exercise based on aerobic exercise, which aims at strengthening physique, correcting posture and cultivating self-confidence. This course focuses on the basic movements of the body and the correct exercise methods, including pole exercises and physical fitness exercises. Under the accompaniment of music, show yourself through body movements and cultivate elegant manners and manners.

Language(s) of Instruction
Chinese

Host Institution Course Number
04130110

Host Institution Course Title
SHAPE

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

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed
2024-2025

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