

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 Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

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