

# 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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