



Department of Health and Exercise Management

Graduate School of
Lifetime Welfare



성신여자대학교 | 대학원
SUNGSHIN WOMEN'S UNIVERSITY | GRADUATE SCHOOL

TEL. 02-920-7538

The Department of Health and Exercise Management was established in 2019 and is dedicated to preparing health and exercise professionals.

Our department offers a dynamic program that integrates cutting-edge research and real-world application.

With a focus on promoting physical activity, sport science, nutrition, and rehabilitation, we strive to prepare students to become leaders in health promotion and exercise science.

Department Introduction and History

Faculty Members

Name	Major	Research Achievements	E-mail & Extension Number
Seungwook Choi	Sports Medicine	<ul style="list-style-type: none"> ● President of the International Society of Biotechnology and Sports Engineers ● Science Association 	swchoi@sungahin.ac.kr 02-920-7656
Seunghui Baek	Exercise Prescription	<ul style="list-style-type: none"> ● Advisor to the Korea Sports Policy and Science Institute ● Director of Planning, Korea Sports Rehabilitation Association 	sh100@sungshin.ac.kr 02-920-7538
Yoonkwon Yang	Exercise Physiology	<ul style="list-style-type: none"> ● Editor-in-Chief of the Korean Society of Sports Convergence 	yangyk@sungshin.ac.kr 02-920-7693

RECOMMENDED COURSE ROADMAP BY SEMESTER				
DEGREE PROGRAM	1ST	2ND	3RD	4TH
MASTER	<ul style="list-style-type: none"> ● Health and Exercise Science ● Health and Fitness Assessment 	<ul style="list-style-type: none"> ● Cardiovascular Disease and Exercise ● Musculoskeletal Disorders and Exercise 	<ul style="list-style-type: none"> ● Exercise Stress Testing ● Exercise Rehabilitation 	<ul style="list-style-type: none"> ● Clinical Exercise Programs ● Clinical Exercise Testing and Prescription

The Department of Health and Exercise Management aims to respond to the increasing prevalence of chronic diseases and realize a healthier society through systematic management and professional education in the field of health and wellness, fusing exercise science with various disciplines to foster professionals who can respond to the age of aging and realize the right to health of all citizens stipulated in the Constitution.

Our goal is to foster professionals who can pioneer Korea's sports culture, promote public health, and solve national issues through comprehensive education and practical training.

Department's Development Direction

Graduates of the Health and Exercise Management program can pursue careers as highly skilled professionals in health education and exercise management, including Health Exercise Managers and Health Educators (Levels 1, 2, and 3), who can address national challenges related to public health and the needs of an aging society. Your expertise in promoting healthy lifestyles and managing exercise programs can play an important role in contributing to the well-being of individuals and communities.

Our graduates are currently working as health and exercise managers in health centers and national organizations such as the National Fitness 100, and as trainers in fitness centers. They play a pivotal role in promoting healthy lifestyles and managing exercise programs, and some of our graduates are also conducting systematic research through doctoral programs.

Our department is committed to developing individuals who wish to explore the dynamic intersection of exercise physiology, health promotion, and wellness management with the resources and expertise for evidence-based scholarly inquiry. As such, we welcome students with a strong interest in exercise science for health promotion.

**Achievable
Certifications and
Career Paths After
Graduation**

**Other Promotional
Information about
the Department
(Major)**

**Required
Qualifications for
Admissions**