



Sungshin Women's University School of Sports Science

Introduction



- Interest in health and leisure is constantly increasing in making efficient use of the increasing leisure time due to the improvement of the national standard of living. The major, which focuses on health and sports leisure, is dedicated to providing scientific and systematic education. Professors with expertise in related fields educate students in both theory and practical skills, aiming to produce specialized and outstanding female professionals who can actively contribute to various sports-related fields.
- In the rapidly changing social environment of the 21st century, individuals have more leisure time. However, there is a decrease in opportunities for physical activity, leading to various stress-related chronic diseases and adult illnesses. Recognizing the need for exercise guidance to enhance mental and physical health, there is a growing emphasis on exercise rehabilitation, especially due to the high incidence of disabilities in an aging society. Therefore, the Exercise Rehabilitation major aims to cultivate professionals in exercise rehabilitation, based on the academic foundation of exercise science and rehabilitation, to promote health and well-being through exercise rehabilitation practices for individuals ranging from children to the elderly.

Educational Objectives

Sports Leisure Major



- Cultivating scientific exploration of physical activities and practical skills in the field.
- Practicing the enhancement of quality of life through the transmission of sports culture and creative education.
- Nurturing competent female leaders equipped with both theoretical knowledge and practical skills required in the field of sports and leisure.
- Contributing to the development of local communities and internationalization through sports and leisure.
- Developing 21st-century female professionals with creativity and responsibility across various sectors of the sports industry.

Educational Objectives

Exercise Rehabilitation Major



Exercise Rehabilitation major in Sungshin Women's University was established in 2013 to realize health and welfare. The department aims to cultivate experts to implement a healthy welfare society to contribute to the realization of a healthy welfare society through exercise rehabilitation and social welfare based on the convergence of various academic disciplines, physical, mental, and social approaches.

Sungshin Women's University's Exercise Rehabilitation major was established in 2013 with the goal of fostering female professionals who, based on diverse interdisciplinary knowledge, approach physical, mental, and social well-being throughout the entire lifespan of individuals. The department focuses on the development and implementation of exercise rehabilitation and healing techniques, aiming to cultivate experts dedicated to achieving physical and psychological health and happiness. The ultimate objective is to contribute to the realization of a healthy welfare society by integrating these approaches into the diverse aspects of human life.

Qualities of Graduates

- An outstanding female professional contributing to the improvement of quality of life based on theoretical and practical skills in sports and leisure.
- Talented people who have interest and love within the community to realize a healthy welfare society and can play a part in the community as female experts in sports rehabilitation and welfare.
- Cultivating specialized female professionals who achieve exercise rehabilitation and healing based on an integrated academic approach to address physical and psychological problem resolution arising from the challenges of aging, severely handicapped incidence rate, and chronic stress in contemporary society.



Professor



Choi, Seung Wook

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Subjects

Exercise Prescription, Experiment in Exercise Prescription, Training Methodology, Sports Medicine, Exercise & Health, Table Tennis, Outdoor Activity



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Subjects

Physical Measurement Method, Exercise Physiology, Exercise Physiology and Practice, Sports First Aid, Sports Statistics, Sports Nutrition, Alternative Medicine, Taekwondo, Badminton



Yook, Young Sook

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Subjects

Health Exercise Psychology, Sports Counseling, Sports Rehabilitation Psychology, Yoga Teaching Methode, Somatics Rehabilitation, Exercise & Growth Development



Kim, Young Joo

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Subjects

Introduction to Exercise Rehabilitation, Anatomy of Muscle and Joint Function, Exercise Rehabilitation Training, Exercise Rehabilitation and Medicine, Pathological Physiology, Health Training, Health & Exercise Rehabilitation



Seong, Eun Sook

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Subjects

Injury Prervention & Rehabilitation Taping, Exercise Rehabilitaion Massage, Exercise Injuries, Muscle joint Physiology, Health Fitness Measurement and Evaluation, Exercise Rehabilitation for Elderly People

Sports Leisure Major

Curriculum

1 division

- Outdoor Activity
- Bowling 1
- Water Safety and Life Saving
- Table Tennis
- Swimming
- Taekwondo
- Dance and Aerobic

- Speed Skating
- Introduction to Exercise Rehabilitation
- Health Exercise Psychology
- Yoga Teaching Methode
- Health Training
- Exercise & Health
- Martial Art

2 division

- Sea Sports 1, 2
- Exercise Physiology
- Introduction of Sport Industry & Economy
- Experiment of Exercise Physiology
- Trekking

3 division

- Ball Game
- Training Methodology
- Experiment in Exercise Prescription
- Sports Sociology
- Statistics of Sports

- Management of Sport
- Exercise Prescription
- Badminton
- Ski

4 division

- Biomechanics Exercise
- Sports Medicine
- Media Sport
- Stretching
- Alternative Medicine

- Case Study of Sport Marketing
- Sports First Aid
- Cross-fit
- Latin American Dance

* View All Courses: <https://sugang.sungshin.ac.kr/> (Language : English)

Exercise Rehabilitation Major

Curriculum

1 division

- Outdoor Activity
- Bowling 1
- Water Safety and Life Saving
- Table Tennis
- Swimming
- Taekwondo
- Dance and Aerobic

- Speed Skating
- Introduction to Exercise Rehabilitation
- Health Exercise Psychology
- Yoga Teaching Methode
- Health Training

2 division

- Anatomy of Muscle and Joint Function
- Muscle joint Physiology
- Sports Rehabilitation Psychology
- Exercise Rehabilitation Training
- Kinetic mechanics & Rehabilitation

- Exercise & Growth Development
- Injury Prevention & Rehabilitation Taping
- Somatics Rehabilitation
- Fascial Meridian-based Vinyoga Rehabilitation

3 division

- Exercise Rehabilitation Massage
- Health Fitness Measurement and Evaluation
- Exercise Rehabilitation and Medicine
- Corrective Exercise
- Mindfitness & Psychological Skills
- Sports Counseling

- Exercise Injuries
- Aerobic Exercise and Rehabilitation
- Disability musculoskeletal Measurement and evaluation
- Adapted Physical Activity
- Disability rehabilitation exercise

4 division

- Jimball and Band Exercise Rehabilitation
- Pathological Physiology
- Exercise Rehabilitation for Elderly People
- Adapted Physical Education
- Disabled Sports, Boccia

- Exercise Nutrition
- Mat Pilates

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