



Sungshin Women's University School of Sports Science

Introduction



- The interest in health and leisure is continuously increasing to efficiently utilize the increasing amount of leisure time due to the improvement of people's living standards. The Department of Sports and Leisure, which was established to foster human resources who lead the popularization of health and sports leisure in line with this trend, provides scientific and systematic education through a combination of theory and practice by faculty members specializing in related fields to produce professional and excellent female professionals who will be active in various sports-related fields.
- The rapid changes in the social environment of the 21st century are characterized by an increase in individual leisure time but a decrease in opportunities for physical activity and the development of chronic diseases and adult illnesses due to various stresses. Therefore, it is necessary to raise awareness of exercise guidance to improve physical and mental health, and the importance of exercise rehabilitation is emphasized due to the high incidence of disability in the aging society. Therefore, based on the academic foundation of exercise science and rehabilitation, we aim to cultivate exercise rehabilitation professionals for the practice of health welfare from children to the elderly.

Educational Objectives



- Developing professionals who lead the development of the sports industry
- Developing sports professionals with a balance of theoretical and practical skills specializing in sports
- Cultivate experts in overcoming and recovering from physical and mental motor dysfunctions
- Cultivating sports professionals to improve motor function
- Cultivate personnel to realize a healthy and welfare society through sports rehabilitation

Qualities of Graduates

- Outstanding female talents who contribute to improving the quality of life based on their theoretical and practical skills in sports rehabilitation
- Talented women who have interest and love in the community to realize a healthy welfare society and can play a role in the community as a female professional in sports rehabilitation welfare.



Professor



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Subjects

Management of Sport, Introduction of Sport Industry & Economy, Sport and Mass Media, Sea Sports, Case Study of Sport Marketing



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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



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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



Sung, Eun Sook

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Subjects

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

Sports Leisure Major

Curriculum

1 division

- Anatomy
- Table Tennis
- Swimming
- Taekwondo 1, 2
- Bowling 1

- Theory of Leisure
- Water Safety and Life Saving
- Outdoor Activity
- Dance and Aerobic
- Speed Skating

2 division

- Exercise Physiology
- Experiment of Exercise Physiology
- Sea Sports 1, 2
- Equestrian 1, 2
- Historical and Cultural Aspects of Sport

- Introduction of Sport Industry & Economy
- Ball Game
- Exercise & Health
- Pilates

3 division

- Exercise Prescription
- Experiment in Exercise Prescription
- Badminton 1, 2
- Golf 1, 2
- Sports Sociology

- Management of Sport
- Sports Psychology
- Statistics of Sports
- Training Methodology

4 division

- Sports Medicine
- Sports First Aid
- New-Sports
- Stretching
- Cross-fit
- Biomechanics Exercise

- Sports facility management
- Sport and Mass Media
- Alternative Medicine
- Sports Leisure Field Training
- Case Study of Sport Marketing
- Ski

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

Exercise Rehabilitation Major

Curriculum

1 division

- Introduction to Exercise Rehabilitation
- Health Exercise Psychology
- Yoga Teaching Method
- Health Training

2 division

- Anatomy of Muscle and Joint Function
- Muscle joint Physiology
- Kinetic mechanics & Rehabilitation
- Sports Rehabilitation Psychology
- Exercise & Growth Development
- Somatics Rehabilitation
- Exercise Rehabilitation Training
- Injury Prevention & Rehabilitation Taping
- Fascial Meridian-based Vinyoga Rehabilitation
- Judo

3 division

- Health Fitness Measurement and Evaluation
- Exercise Rehabilitation and Medicine
- Sports Counseling
- Mindfitness & Psychological Skills
- Exercise Rehabilitation Massage
- Corrective Exercise
- Exercise Injuries
- Aerobic Exercise and Rehabilitation
- Disability Musculoskeletal Measurement and Evaluation
- Adapted Physical Activity
- Disability Rehabilitation Exercise

4 division

- Pathological Physiology
- Jimball and Band Exercise Rehabilitation
- Exercise Rehabilitation for Elderly People
- Adapted Physical Education
- Disabled Sports, Boccia
- Exercise Nutrition
- Mat Pilates
- Rehabilitation Sports Field Training

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