

## Dept. of Physical Education

The department is pursuing true popularization of sport by clarifying the scientific methods and contents of sport as a social phenomenon, and also seeking an establishment of theories for fundamental investigation to understand the current sport. These will provide a capability for understanding the current situation, and practicing and viewing the sports in the near future. The newly formed perspectives will give opportunities for having enthusiasm and encouragement, and elevating talents by which individuals can practice and being a civilized human.

### □ Humanities and Social Sciences in Sports Major

The major offers master's, combined master's/doctoral, and doctoral degree programs and eight specialized research fields including; 1) Sport Ethics, 2) Sport Psychology & Sport Coaching, 3) Sport Pedagogy, 4) Adapted Physical Education and Activity, 5) Health Management, 6) Leisure & Recreation, 7) Sport Welfare & Sport Sociology, and 8) Sport Management & Sport Marketing. The program focuses on cultivating competitive researchers who have both theoretical knowledge and practical capability. Each fields emphasizes on studying general principles of humanities and social sciences in sport and physical education. The programs are designed to train independent researchers who are able to diagnose, analyze, and understand phenomenons quantitatively and qualitatively in the areas.

### □ Natural Science in Sports Major

The major offers master's, combined master's/doctoral, and doctoral degree programs and five specialized research fields including; 1) Exercise Physiology, 2) Exercise Biochemistry & Nutrition, 3) Biomechanics & Sport Engineering, 4) Kinesmetrics in Kinesiology, and 5) Exercise Rehabilitation. All degree programs are oriented to a research intensive and competency-based with guiding of a major professor. The research fields emphasizes in developing broad perspectives and thoughts in natural science aspects of sport and exercise. The programs are designed to train independent research specialist through in depth research experiences.

### □ Courses

#### □ Core Courses

##### · Sports Colloquium (3)

The course is designed to invite respective speakers who can deliver stories and background of selected topics. Diverse issues and agenda found in the field of sport,

exercise, physical education, and human movement are covered. Topics are normally selected by instructors and students, and can be an issue of common interest in this field. Discussions after speech can be followed and students can broaden their knowledge and common sense in their major as well as adjacent areas.

- **Research methods in sport (3)**

To learn quantitative and/or qualitative research methods in exercise and sport sciences. The students can learn the critical and logical thinking to conduct the scientific researches. It will cover how to write the thesis and the articles to publish on the academic journals in the fields of Kinesiology.

- **Research-Learning Ethics (3)**

This course covers broad range of research-learning ethics in the field of kinesiology. Contents are the followings: introduction to research learning ethics, research misconduct, data management, authorship, human subject research ethics, learning ethics.

- **Sport Ethics Field Major**

- **Understanding of Sport Ethics (3)**

This course examines ethical problems in sport and ways of discussing them. It helps you understand basic theories of moral philosophy in order to analyze ethically various questions posed in sport.

- **Studies in Sport Humanities (3)**

This course concentrates on major themes and issues in the studies of sport humanities. Through reading sport literature, sport history, and other various sport humanities texts, such as film, advertisement, and comics, this course is designed for acquiring basic concepts and methodologies in sport humanities.

- **Criticism on Sport Literature & Film (3)**

This course studies major critical theories and issues via sport literature and film. As you survey Realism, Modernism, Postmodernism, Formalism, Feminism, Marxism, and Cultural Studies, you will learn how to critique and write critically on sport literature and other visual texts, including film, advertisement, animation, and design.

- **Studies in the Philosophy of Sport (3)**

This course develops your understanding of the nature and methodology of philosophical studies on sporting phenomena, founded upon major thoughts in Western philosophy. With an emphasis on understanding philosophical approaches to sport, this course helps you ask on your own philosophical questions on sporting phenomena.

- **Research Methods & Writing in Sport Ethics (3)**

This course provides theory and practice on conducting an academic project on sport ethics, from choosing a study object to completing a research paper. Students will learn how to plan on a sport ethics project, including determining types of study, drafting a research proposal, conducting a research, analyzing collected research materials, and writing a research paper.

- **Independent Study (3)**

Independent Study enables a student to pursue an individual research project of his/her own choice, guided by a faculty member.

- **Sport Psychology & Sport Coaching Field Major**

- **Studies in Sports Psychology (3)**

To make a diagnosis of reaction about people who are sports active by the scientific approach in athlete?athletic sports situation. This is applicable to athlete?athletic sports and psychology

- **Studies in Motor Learning & Control (3)**

Based on understanding a concept model of human performance, to study the human performance in variable circumstance such as physical joint, movement type.

- **Studies in Exercise Psychology (3)**

Studying motivation, emotion according to exercise and factor analysis of participation, adherence, drop?out for exercise.

- **Topics in Sport Psychological Skill (3)**

Learning the basic knowledge on sports psychological skill for improving performance of athlete, and applying even from life inside of the common person the psychological technique.

- **Topics in Sport Motivation & Emotion (3)**

Searching to possibility how to apply motivation and emotion of human in sports and understanding it.

- **Sports Psychology Field Study (3)**

The major purpose of the Sports Psychology Field Study is psychological thinking, emotion, behavior of human being in sports, exercise and other sports activities. Also this lecture will learn how to applies theory with in Field.

- **Sport psychology technology (3)**

Acquiring counseling ability to apply on field by Learning various counseling theory and actual skills for athlete.

- **Sport behavior mind analysis (3)**

Learning theories related sport behavior based on behaviorism and acquiring ability to apply field.

- **Sport Pedagogy Field Major**

- **Studies in Sports Pedagogy (3)**

Includes theory, research, and application of sports pedagogy associated with P.E.; analyzes theory and current research trend regarding sports pedagogy; concentrates on effective application of pedagogy to school, society, and professional areas.

- **Studies in Teaching P.E. (3)**

Aims assessing and analyzing research results related to teaching and learning P.E.; establishes an individualized perspective on teaching P.E. through the analysis of research themes and methods in teaching P.E.

- **Topics in Curriculum of P.E. (3)**

Starts from the basic assumption that curriculum of P.E. can be studied from different views of various fields of study; helps correct understanding of sports pedagogy through the self examination; enables the general prospect toward future development of educational practice.

- **Teaching Methodology in Physical Education (3)**

Explores various theories regarding effective style, technique, design, and application of teaching P.E.

- **Analysis & Critiques of Instruction in P.E. (3)**

Emphasizes a systematic analysis and educational critiques of instruction in P.E. (P.E. teaching); learns organized methods of observation and examines effective strategies for instruction in P.E.

- **Sporting Activity Programs Development (3)**

Understands design and organization principles of sporting activity programs and investigates their theoretical and practical applications according to the subject, location, facility, and major area.

- **Research Designs for Sports Pedagogy (3)**

- ① Review of research methods in sports pedagogy studies.
- ② Data collection, analysis, and interpretation.
- ③ Basic theories and techniques in statistics.

- **Qualitative Methods in Physical Education (3)**

Qualitative research methods have been used diversely in liberal, social, and science areas. This course overviews multilateral tradition of qualitative research focusing on a cultural analysis, introduces related theories, and offers preliminary experiences that can be applied to each individual research. The objective is to raise questions on phenomena and culture of traditional physical education and to explore its essence through qualitative research methods.

- **Adapted Physical Education and Activity Field Major**

- **Adapted Physical Education and Activity (3)**

This course is to introduce comprehensive knowledge in terms of specific composite elements in adapted physical education, such as definitions, history, and law. Also, this course focuses on providing knowledge on organization and management of adapted physical education programs. By introducing a variety of strategies for teaching and evaluation of adapted physical education programs, we have a goal to improve capacity as teachers and instructors in the field of adapted physical education.

- **Physical Education for Individuals with Intellectual Disabilities (3)**

As an advanced course of adapted physical education, this course is to provide knowledge on basic elements which teachers must know when teaching people with intellectual disabilities, such as reasons and characteristics of disabilities, effective teaching strategies, and various adapted sports programs for people with intellectual disabilities.

- **Physical Education for Individuals with Autism Spectrum Disorders (3)**

As an advanced course of adapted physical education, this course is to provide knowledge on basic elements which teachers must know when teaching people with autism spectrum disorders, such as reasons and characteristics of disabilities, effective teaching strategies, and various adapted sports programs for people with autism spectrum disorders.

- **Physical Education for Individuals with Sensory and Physical Disabilities (3)**

As an advanced course of adapted physical education, this course is to provide knowledge on basic elements which teachers must know when teaching people with sensory and physical disabilities, such as reasons and characteristics of disabilities,

effective teaching strategies, and various adapted sports programs for people with sensory and physical disabilities.

- **Independent Study (3)**

This course is to help students make a decision on the field they are interested in by providing opportunities to study international and national research related to adapted physical education and activity. Through this course, we have a goal to improve understanding on research methods and to provide skills of how to select research topics they are interested in.

- **Health Management Field Major**

- **Theory of Health (3)**

This course is designed to help students understand what health is, and study the conditions and general theories of healthy living. In particular, this course explores healthy behaviors, traits, and conditions necessary for healthy living from a physiological point of view.

- **Exercise Prescription (3)**

The aim of this course is to study basic principles required of exercise prescription. This course, especially, provides students with how to correlate various diseases and how to properly implement exercise prescription plans. It also focuses on exercise methods like; aerobic, anaerobic, flexibility based training and so on.

- **Functional Training (3)**

This course examines general theories and methodology of exercise in order to improve health. The course goes beyond conventional training and moves into more cutting edge training methods such as acceleration, pneumatics and so on.

- **First Aids (3)**

The purpose of this course is to teach students the coping and safety theories for crisis situations.

- **Public Health (3)**

This course focuses on the history and concept of public health. The course teaches students the necessary and sufficient conditions which lead to healthy adults of all ages as well as school bodies and their general well-being.

#### ❑ **Leisure & Recreation Field Major**

- **Leisure Theories (3)**

Studying the relationship between theoretical studies and variables that define structure and effects of leisure.

- **Program Composition in Recreation (3)**

Theories and Practical studies of Creating Essential Recreation Program: Concept, composition, formation and design of recreation program.

- **Leisure Welfare Theories (3)**

This course is designed to explore the sociological functions of leisure activities in modern society and analyze various theories and their application to social phenomena from a social welfare perspective.

- **Survey Methods in Leisure & Recreation (3)**

Studying the basic concept, design of investigation, measuring, research design and data analyzing skill in Leisure and Recreation.

- **Seminar in Leisure and Recreation (3)**

This class explores the critical points of leisure studies by analyzing the current theories and research trends.

- **Therapeutic Recreation (3)**

The purpose of this course is to study theories of therapeutic recreation and develop the capability in order to apply therapeutic recreation service programs in real world settings.

#### ❑ **Sport Welfare & Sport Sociology Field Major**

- **Topics in Sport Policy & Administration (3)**

Topics in Sport Policy & Administration deals with the roles of sport policy through the history of Korea and studies the process of sport policy in government.

- **Studies in Sport Sociology (3)**

It analyzes the various changes in sports and society into sociology and studies on the powerful relationship.

- **Topics in Sport Sociology (3)**

Sport Sociology offers a wide understanding related to its concept and range. Also sport and social organization will be investigated, examined, and discussed in the aspects of

culture position and prospect.

- **Sport Welfare Administration (3)**

Sport Welfare Administration explores the concept of sport welfare as basic human rights which primarily encompasses social security, health and education in welfare society.

- **Studies in Sport Welfare Practice (3)**

Studies in Sport Welfare Practice provides a comprehensive guide to the practical application of sport welfare at community level.

- **Research Methods in Sport Welfare (3)**

Research Methods in Sport Welfare examines analytical methods for sport welfare studies and develops practical methods for resolving social problems.

- **Sport and Contemporary Society (3)**

Today it analyzes the relationship of direction of a ceremony and sports positively and it researches.

- **Topics in Politics-Economics & Sport (3)**

It carries out a deep political study relates to sports, national health, and spare time, etc.

- **Sport & Mass Media (3)**

The society of today the Internet, the television and the newspaper, that the various mass media of magazine etc. is speaking all social phenomena, is not the chart overstatement, there is to a sports field and it stands but it is the same. It examines the relationship of like this mass media and sports, it researches the importance.

- **Individual Researches for Sport Sociology (3)**

Individual Researches for Sport Sociology is designed to address specific issues in the filed of sport and complement intensive research as an individual.

- **Sport Management & Sport Marketing Field Major**

- **Sport Management (3)**

Study the roles of sports manager in sport industry by studying theories of management and essence of sports and learn the practical sports management knowledge by applying management theories and concept based on the principles of sports and its system.

- **Sport Marketing (3)**

Study the practical sports marketing knowledge and strategies by applying basic marketing theories and sports principles and understand the various roles of sports marketing in the sports industry.



- **Sport Sales & Promotion (3)**

Provide theoretical understandings of sports sales and promotion and illustrate various applications with practical examples and testimonials from the sports marketplace.

- **Sport Management Information (3)**

Understand the needs of information technology in sports management and the structure of organization study the information system and application of computer system to analyse and apply various data and information regarding sports management.

- **Research Methodology in Sport Management (3)**

Develop the skills of creating various research topics and practice the research works by studying basic concepts and methodology of sports management research.

- **Sport Economics (3)**

Understand various economic theories and affairs which occur in connection with sports and enhance the abilities to apply and adapt basic economic principles in sports industry.

- **Sport Consumer Behavior (3)**

Sport Consumer Behavior Theory is about understanding related to Watching and participating sport consumers' properties, sport participating decision making process and various internal, external, situational elements' concepts and interactive principles in Sport Consumer Behavior's meaning extent.

- **Sport Facilities Management (3)**

Sport Facilities Management Theory is including understanding related to Sport Facilities' roles and functions in Sport Industry, at the same time, pursuing ability that can plan and manage efficient, effective Sport Facilities on the basis of that understanding.

- **Sport Public Relations (3)**

Sport Public Relations Theory is about understanding related to P.R's role and importance in Sport Industry. Especially, this Theory is for studying the relationship of Sport Organization and Mass media, of Sport Organization and a local community. Sport Public Relations Theory is pursuing the ability that can guide the general public's recognition to positive on the basis of that studying.

- **Sport Event Planning (3)**

Sport Event Planning Theory is meaning the understanding related to Sport Event's concept, variety and marketable element coming from Sport Event's concept, variety. This Theory is for acquisition of ability that can efficiently plan, perform and manage Sport Event.

- **Sport & Law (3)**

Trying to learn about the basic knowledge of sports law, researching the domestic and foreign sports law, studying condition of sports are considered a legal cases for studying the lawful problem.

- **Exercise Physiology Major**

- **Exercise Physiology (3)**

Studying diverse physiological phenomenon occurring in human body while exercising and performing physical activities. In particular, establishment of knowledge regarding cardiovascular, neuromuscular, and metabolic responses during exercise will be focused.

- **Laboratory Technique in Exercise Physiology (3)**

Various experimental methods and strategies for exercise physiology and movement sciences will be acquired and scientific bases and practices in cardiovascular, muscular, body composition, and physical fitness testing will be discussed.

- **Training Methods (3)**

Learning the efficient training methods based on combined knowledge of exercise physiology, biomechanics, and sports psychology. Based on the scientific knowledge, improving techniques for practical application in systemic training schedule and progress, diagnosis, evaluation, and prescription.

- **Metabolism in Exercise (3)**

Energy supply system, energy utilization, and energy efficiency during exercise will be focused. Carbohydrate and lipid metabolism as well as protein utilization during exercise will be discussed.

- **Environmental Physiology (3)**

How the environmental changes can affect physical capacity during exercise will be examined. The effect of changes of environmental factors such as heat, cold, altitude, weightlessness, wet, dry, time difference, day and night, and pollutions on human physical capacity will be focused.

- **Cardiorespiratory Function & Exercise (3)**

The basic mechanisms of cardiovascular and respiration system will be focused. Responses of cardiovascular and pulmonary functions during and after exercise will be discussed. The short and long term effects of exercise and training in these systems will be also handled. Additionally, exercise training and/or intervention for athletes, patients as well as minorities will be discussed.

- **Data Analyses in Exercise Physiology (3)**

This promotes an understanding the nature of variables frequently evaluated in exercise physiology and examines the relationships among variables. Based on these, this class elevates the capacity of optimal analyses and of drawing proper conclusion of a data set.

- **Exercise and Health Promotion (3)**

This class studies the impact of exercise on fitness and health promotion and a preventive role of exercise. This class evaluates how the knowledge in exercise physiology can adopt to average population in real life.

- **Exercise Biochemistry & Nutrition Field Major**

- **Muscle Metabolism in Exercise (3)**

To understand the mechanisms of exercise-induced muscle damage and acquire knowledge about myogenesis and protein synthesis for muscle regeneration.

- **Carbohydrate Metabolism in Exercise (3)**

To acquire knowledge about carbohydrate intake and metabolism during exercise and discuss recent issues about carbohydrate supplement to improve exercise performance and health benefits.

- **Lipid Metabolism in Exercise (3)**

To understand pros and cone of fat loading for exercise performance and acquire knowledge of the effect of fat intake on health.

- **Dietaty Supplements in Exercise (3)**

To understand the effects and function of dietary supplements including antioxidants, vitamin, and minerals during exercise and discuss recent research regarding pros and cons of dietary supplement for exercise performance.

- **Exercise Immunology (3)**

To acquire knowledge about immune function during exercise and the effsct of regular exercise on immune function, and understand factors for activation and inhibition to immune function related to skeletal muscle injury.

- **Nutritional Plan and Application in Exercise and Sports (3)**

The aim of this course is to learn proper nutrients essential to various sport event and to design dietary plan for athletes based on their event.

- **Research in Exercise-induced Injury (3)**

The aim of this course is to learn the etiology of musculoskeletal injuries and its

symptoms and diagnosis during exercise and to discuss healing process in soft tissue as well as hard tissue based on the current studies.

- **Nutrition & Biochemistry in Exercise (3)**

To acquire knowledge about digestion, absorption and metabolic pathway of food intake and about mechanisms for energy metabolism during exercise.

- **Biomechanics & Sport Engineering Field Major**

- **Sport Biomechanics (3)**

Studying principle and application of biomechanics in exercise and sport

- **Biomechanics for Musculo-skeletal system (3)**

Studying functional anatomy of human musculoskeletal system and biomechanical principle

- **Clinical Biomechanics (3)**

Research in clinical biomechanics and case study in medical diagnosis and rehabilitation of patients

- **Research Method in Biomechanics (3)**

Studying various experimental equipments and data processing in biomechanical research

- **Gait & Motion Analysis (3)**

Studying gait analysis for cerebral palsy and lower extremity patients and movement analysis for various sport technique

- **Computer Programming for Biomechanics (3)**

Studying computer interface and computer programming such as Visual Basic, Labview and Matlab for biomechanical research

- **Mechanics of Sport Equipment (3)**

Studying mechanical principles and its application to the sports equipment

- **Sport Engineering (3)**

Studying design, product and test for sports products & equipment and information of sports engineering and practical application

- **Kinesmetrics in Kinesiology Field Major**

- **Classical Test Theory in Health and Kinesiology (3)**

The object of this course is to learn how to find the validity and reliability evidences of measures in Health and Kinesiology based on the classical test theory.

- **Item Response Theory in Health and Kinesiology (3)**

This course covers how to conduct the researches employing the item response theory in Health and Kinesiology disciplines.

- **Advanced Statistics in Kinesiology I (3)**

In this course, theoretical framework of advanced statistics in the social behavior disciplines of Kinesiology, which will include factor analysis, confirmatory factor analysis, path analysis, and structure equation modeling. Also, the advanced statistical packages(e.g., ITEMAN, AMOS, SPSS, SAS, M+, etc.) using the real data sets in the researches will be practiced.

- **Advanced Statistics in Kinesiology II (3)**

Advanced statistics related to Exercise Sciences and Kinesiology focusing on the researches involving with the experimental designs, interventions, and small sample size. It covers multiple regression, multi variate analysis of variance, non parametric data analysis, so and forth.

- **Experimental Design in Kinesiology (3)**

It will be covered designing the research experiments in the umbrella disciplines under Kinesiology(e.g., randomized and fixed factorial designs, hierarchical designs, etc.) and practicing how to select appropriate statistics of the experimental design.

- **Research Methods in Kinesiology (3)**

Basic steps of publishing an academic article related to Health and Kinesiology area will be practiced. It includes how to find research ideas, to read references, to develop a manuscript, to review a manuscript submitted to an academic journal, and to response to the reviewers.

- **Physical Activity and Epidemiology (3)**

General knowledge and practice in Epidemiology of physical activity will be covered including literature review, research methods, statistical approaches, and development of a manuscript.

- **Current Issues of Measurement related Researches in Health and Exercise Sciences (3)**

Current research issues in the measurement in Health and Kinesiology will be discussed and research ideas will be developed based on the discussions.

## ❑ **Exercise Rehabilitation Field Major**

### • **Evidence Based Sports Medicine (3)**

Students will learn about the evidence based treatment, rehabilitation, and injury prevention strategies for the common sports injuries and discuss the qualities of the evidence obtained from biomedical research.

### • **Current Trends in Exercise Rehabilitation Research (3)**

This class introduces the current trends of research being conducted in athletic training, strength training and conditioning field and discusses the details of the research.

### • **Fascial Line Theory (3)**

The structures and functions of the fascia that transmits and controls muscle force during movements and sports and how the fascial line affects daily life and sports performance through each of the fascial line will be discussed.

### • **Science in Strength Training and Conditioning (3)**

The class will explore the scientific mechanisms and detail methods of strength and conditioning programs that are commonly implemented in the sports field. The effectiveness of the training methods will be also discussed in the class.

### • **Neuromuscular Function (3)**

The class will help students review the anatomical neuromuscular structures and functions, and understand the characteristics of the neuromuscular system that plays significant roles in exercise rehabilitation and sports performance.

### • **Therapeutic Exercise (3)**

Therapeutic exercises designed to facilitate healing process and restore functions after acute, chronic musculoskeletal disorder and common sports injuries will be introduced. Students will also learn about the mechanisms of each exercise program and the detail exercise protocols.

### • **Athletic Training Research (3)**

This class will help students to understand the research trends in the athletic training field by reviewing the recently published studies in athletic training related journals.

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