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.

❑ Golf Convergence Science Major

The major of Golf Convergence Science(GCS) aims to nurture professional experts in a field of golf convergence science who can lead the world as well as Korea by leading the fourth industry in the future. Through the scientific education and

research with the humanities, society, nature, engineering and culture arts related to golf, we aim to establish the basis of new science industry through convergence education and research, and to achieve the convergence of advanced golf science industry leading the world. We will provide the best education programs in Korea with the best faculty members in Korea and provide field-oriented education programs as practical. We will carry out education in connection with domestic golf courses, Korea Golf Association, Kookmin University golf institute, KPGA, KLPGA, US TPI system, TRACKMAN, USA THE GOLF LAB, GEARS, GCQUAD, PING CLUB FITTING, US PGA, EPGA, GCSAA, and etc.

☐ Courses

❑ Core Courses

· 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.

· 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 interset 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·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

· 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.

· **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.

· **Independent Study (3)**

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

· **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.

· **Program Development of Sport Ethics Education (3)**

In this course, students will learn basic theories about developing customized programs of sport ethics education, based on the analysis result of the level of morality required of athletes, coaches, and referees. This course will also deal with practical issues involved in designing and executing educational programs. The purpose of this course is to help students develop programs of sport ethics education, which would spark the instructor's interest and enhance moral judgement and ethical creativity necessary for solving complex ethical problems occurring in sport.

· **Studies in Methods of Sport Ethics Education (3)**

This course focuses on the theory and practice of sports ethics, as well as how to teach sports ethics. The students will learn theories of sports ethics education, which are founded upon moral philosophy, moral psychology, and education methodology and technology. The course is also designed to provide a variety of practical tools, including educational models, teaching

strategies, and tips for organizing instruction.

❑ **Sport Psychology & Sport Coaching Field Major**

· **Golf Science Study (3)**

Learners learn scientific knowledge and information related to golf.

❑ **Sport Pedagogy Field Major**

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

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

· **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 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 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 selecting research topics they are interested.

- **Neurodevelopmental disabilities and sports (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 neurodevelopmental disabilities including intellectual disabillities, autism spectrum disorders, ADHD, and etc. Students also learn reasons and characteristics of each of the neurodevelopmental disabilities, effective teaching strategies, and various adapted sports programs for people with neurodevelopmental disabilities.

- **Behavior Management Strategies for Children with disabilities (3)**

  As an advanced course of adapted physical education, this course is to provide knowledge on basic elements which teachers must know when managing problematic behaviors of children with disabilities. Also, students will learn the Applied Behavior Analysis (ABA) methods to design more effective behavior management strategies in detail.

❑ **Health Management Field Major**

- **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.

- **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.

· Independent Research in Leisure Studies **(3)**

The purpose of this course is to enhance the ability to analyze and understand thesis related to leisure studies, and to improve self-directed research capabilities such as developing research topics, applying research methods, and interpreting research results.

· Studies in Leisure Behavior **(3)**

The purpose of this course is to learn the trend of changes in leisure behavior according to individual values and social changes, and to improve the ability to understand and analyze the relationship between factors that affect changes in leisure behavior.

❑ **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.

· **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 t, 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 potive 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 Field 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.

· **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 in Smart Healthcare (3)**

This class is to understand the healthcare industry based on the latest ICT technology and to learn the exercise knowledge related to current healthcare industry. Based on the knowledge, students will study the exercise-ICT fusion technology that can be used in the near future healthcare industry.

· **Independent Study (3)**

Students can acquire independent competencies and experiences in specific research topics and activities as a researcher following identifying student's research interests and social issues.

❑ 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.

❑ 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**

· **Test Theory and Application in Kinesiology (3)**

It learns how to examine and scrutinize the theory-driven evidences of validity and reliability of research instrument in Kinesiology.

· **Text Analysis in Health and Kinesiology (3)**

It analyzes text data and determines themes of qualitative studies in Kinesiology collected by individual interviews, focus groups, crawled texts from SNS, internet, or documents.

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

It learns statistical methods to calculate the item difficulty and discrimination as well as to apply exploratory, confirmatory, and structure factor analysis based on traditional and item response theory when it develops questionnaires or test items related to the fields of Health, Sport, and Physical Activity.

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

In the scientific research area of Health, Sport, and Physical Activity, it will be trained how to apply multivariate analysis and interpret the results as well as to derive and validate the new

prediction equation.

- **Meta-analysis in Kinesiology (3)**

  It will be able to conduct a meta-analysis as synthesizing scientific research findings in Kinesiology and to develop a manuscript related to the research interest.

- **Systematic Review in Physical Activity & Epidemiology (3)**

  It learns that various statistical analysis and techniques to review of review-articles and synthesize the study findings to conduct a systematic review in the field of Physical Activity Epidemiology and Kinesiology.

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

  Utilizing a network analysis in this course is able to analyze and determine the research trend in Health and Kinesiology. It can help to develop a new research idea and conduct a multi-disciplinary study by connecting different research areas.

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

  It learns a process of developing a research idea from the scratch and to publish an article or thesis, which includes how to read, summarize, and paraphrase research articles as well as to correspond to the review of a manuscript.

❑ **Exercise Rehabilitation Field Major**

- **Foot, ankle assessment & rehabilitation (3)**

  The class is about anatomy, injury assessment, treatment and rehabilitation of the foot & ankle.

- **Knee assessment & rehabilitation (3)**

  The class is about anatomy, injury assessment, treatment and rehabilitation of the knee.

- **Hip assessment & rehabilitation (3)**

  The class is about anatomy, injury assessment, treatment and rehabilitation of the hip.

- **Spine assessment & rehabilitation (3)**

  The class is about anatomy, injury assessment, treatment and rehabilitation of the spine.

- **Shoulder assessment & rehabilitation (3)**

  The class is about anatomy, injury assessment, treatment and rehabilitation of the shoulder.

- **Elbow, wrist, hand assessment & rehabilitation (3)**

  The class is about anatomy, injury assessment, treatment and rehabilitation of the elbow, wrist & hand.

- **Exercise rehabilitation seminar I (3)**

The class is to analyze research in exercise rehabilitation filed.

❑ **Golf Convergence Science Field Major**

· **Studies in Golf Convergence Science (3)**

Learners will be able to understand various convergence studies of golf. By integrating these studies, we can seek for new science and improve the knowledge and ability to implement them in the field.

· **Golf and Fourth Industry (3)**

Learners will explore and learn about golf, big data, artificial intelligence, Internet of things, sensors, drones, 3D printers, and future golf convergence science linked to the fourth industry.

· **Golf Performance Improvement and Convergence Science Teaching Method (3)**

Learners will acquire various scientific knowledges on golf performance. Learners will acquire knowledge and experience to learn and practice teaching methods for golf under new convergence scientific knowledge.

· **Golf Independent Study (3)**

Learners will acquire knowledge of specific golf convergence scientific field and set directions of theses through discussing and communicating with each other, and to develop self-learning abilities.

· **Field Studies in Golf (3)**

Through visiting golf courses, golf media center, screen golf course and golf practice ranges, learners will think about problems and solutions in the field, and to foster knowledge and experience related to these issues.

· **Golf Data Analysis and Golf Thesis Study (3)**

This course aims to develop methods and abilities to analyze various data related to golf. In this course, learners will learn about theoretical backgrounds, research methods, design, discussion, and conclusion of the research that is appropriate to the topic of the it research studies.

· **Golf Consulting and Communication (3)**

Learners will learn various consulting methods related to golf and learn communication knowledge with golf and mass media.

· **Management of Golf Field and Golf Course (3)**

Learners will acquire various knowledge related to golf course management and learn basic principles of grass, tree, landscape, and course design that make golf

course.

· **Golf Culture Art (3)**

Learners will understand relationship between golf and culture arts, and learn to plan and apply them to advanced golf culture arts.

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