

# Curriculum

## 1. Major in Physical Education

## 2. Educational Objectives

- 1) Increase academic depth through in-depth coursework
- 2) Provide new information and knowledge that can be applied in the classroom
- 3) Enhance research skills through extensive textbooks and experimental education
- 4) Build the qualities and character of a mid-career teacher

## 3. Professor

Professor's name	Field of Study	note
CHOI EUN JU	Exercise Physiology	Head of department
KIM NANG GYU	Sports Pedagogy	
PARK BO HYUN	Sports Sociology	
KIM SUNG HUN	Physical Education Assessment	

## 4. Curriculum Table - Major in Physical Education

### 1) 1st Semester (first-year student)

Semester	Subject Code	Subject Title	Credits	Remarks
1st grade (new students)	501666	Philosophy and History of Education	2	General Teaching (Required)
	501653	Educational Psychology	2	General Teaching (Required)
	501655	Sociology of Education	2	General Teaching (Required)

### 2) 2nd to 6th grade

Semester	Subject Code	Subject Title	Credits	Remarks
2024 - 1 <sup>st</sup> Semester	503053	health education	2	Core Subject
	502875	history & philosophy of physical education	2	Core Subject
	505324	physical education theory for early childhood	2	
2024 - 2 <sup>nd</sup> Semester	502666	Physical Education Logic and Essay Writing	2	Subject Education Area
	678643	Biomechanical Research	2	Core Subject
	678635	Studies in Principle of Physical Education	2	
2025 - 1 <sup>st</sup> Semester	503119	Education Theory in Physical Education	2	Subject Education Area
	678612	Exercise physiology	2	Core Subject
	503052	Motor Learning & Psychology	2	Core Subject
2025 - 2 <sup>nd</sup> Semester	504857	Teaching Material and Studies in Teaching Material of Physical Education	2	Subject Education Area
	503051	adapted physical education	2	Core Subject
	678616	measurement in physical education and exercise science	2	Core Subject
2026 - 1 <sup>st</sup> Semester	503049	sport psychology & motor learning	2	Core Subject
	678617	sociology of sport	2	Core Subject
	502318	semina of exercise prescription	2	

※ At least one course from each of the Core Subject areas (1) to (5) must be completed.

※ In the 5th semester, students must register for 'Thesis Research I,' and in the 6th semester, 'Thesis Research II' is mandatory.

### 503053 Health Education

The purpose of the subject of health education is to acquire a wide range of knowledge necessary for physical fitness and health promotion, and to develop the ability to plan and practice various exercises on their own, so that they can maintain and promote health and physical fitness throughout their lives and enjoy a happy life. Health education helps students to recognize that health is given to those who strive for it, but not to those who do not strive for it, so that they can develop knowledge for health management throughout their lives and the ability to practice health management on their own.

### **678643 Biomechanical Research**

The study of biomechanics is the application of the principles of mechanics to the structure and movement of living organisms, especially human movement in physical sports, and requires an understanding of the forces that cause basic skills and physical activities and the principles that generate them. Since the human body, unlike a rigid body, is a living organism with life and cannot be analyzed only according to simple physical laws, this course provides a proper and scientific basis for analyzing athletic techniques in physical education and sports.

### **678617 Sociology of Sport**

This course attempts to promote an understanding of the interrelatedness of sport and society in contemporary society. It is a part of life that is deeply embedded in our society and is therefore deeply related to other social fields such as family, education, politics, economics, and religion. Because it is linked to so many different areas of life, we need to understand it as deeply as possible.

### **503049 Sport Psychology & Motor Learning**

Sport psychology and exercise learning is a field of physical education that deals with psychological factors as independent and dependent variables in sport situations for the purpose of performance improvement and personal growth. This course aims to learn about the application of sport psychology in the field by examining the case of sport psychology skills training (PST), which is a field application of sport psychology, along with theoretical learning of sport psychology.

### **678612 Exercise Physiology**

Exercise physiology provides essential knowledge for physical education leaders as it is the science of human performance. It is the understanding of the functional changes that occur as a result of human exercise and the mechanisms of change that occur as a result of regular and repetitive training. This course covers the energy system, post-exercise recovery, daily power muscular nervous system respiratory circulatory system gas exchange, and exercise mechanisms under specialized environments.

### **678627 Exercise Prescription Seminar**

This course aims to understand the mechanisms of learning and performing effective exercise skills by applying the basic theories and principles of learning

simulation to the exercise field and to study appropriate and ideal learning methods.

### **503052 Motor Learning & Psychology**

This course Motor Learning & Psychology related to the learning of motor skills to identify conditions for effective learning of motor skills. Emphasis is placed on the application of issues such as motor behavior theory, information processing models, the role of visual perception, motor accuracy, feedback, practice methods, and transfer to physical education classroom and sports performance situations.

### **505324 Physical education theory for early childhood**

Physical education theory for early childhood refers to the education that aims to fulfill the function of exercise play by setting the characteristics of various exercise contents according to the interests and interests of young children and utilizing them in the education plan of young children. It includes all physical activities of infants centered on play, and movement education is at the core of it. This is because movement promotes the cognitive, social, emotional, language, and physical development of young children. Appropriate exercise in early childhood is essential for the development of growth and motor skills and for the holistic growth and maturity of children, so this course studies this aspect.

### **502031 Education Theory in Physical Education**

Since physical education has a complex structure compared to other disciplines, the purpose of this course is to systematize and study the composition and operation of the broad and deep professional curriculum, the process and organization of learning contents, and the planning required for physical education as a guide for students' learning journey.

### **502032 Teaching Material and Studies in Teaching Material of Physical Education**

This course focuses on the field-oriented and practical aspects of educational environment (facilities, equipment), learners, leaders and teaching methods, learning forms, and evaluation methods for effective teaching of physical education at all levels of middle and high schools.

### **502666 Physical Education Logic and Essay Writing**

This course cultivates critical thinking and analytical skills in the major based on the understanding of the curriculum and pedagogy of physical education and the content of education, and develops the ability to express it logically.

### **502875 History & Philosophy of physical education**

The scientific study of human beings has been practiced in many fields, including medicine, but no other discipline has contributed as much as physical education. The reality is that to this day, the concept of physical education remains unclear. A clear understanding of physical education and its connection to sport, competition, dance, and recreation should inspire students to commit to the discipline with a sense of mission. The past is always developed in relation to the present and future. Students will understand the history of physical education as the facts of the historical background in which physical activities that transcend ideas, ideologies, religions, and races have promoted peace among mankind, and the changes in all issues such as understanding the current physical education, providing directions for future physical education, fostering the qualities of democratic athletes, and promoting international friendship through international competitions grow with time.

### **678635 Studies in Principle of Physical Education**

It is very important to clarify the principles, fundamental policies, or grounds of physical education to provide the right direction of physical education. This course seeks to find the basis of physical education principles in the nature of human beings and the body, and to examine the principles from the scientific nature of human beings, the nature of physical activity and social roles.

### **678616 Measurement in physical education and exercise science**

Assessment is an essential area in school physical education and teachers need to have knowledge and methods. This course covers methods of measuring physical form, attitudes, socialization, aptitudes, physical fitness, learning effectiveness, functioning, and skills, as well as the interpretation and evaluation of results.

### **503051 Adapted physical education**

Specialized physical education is practiced for people with abnormalities in growth or development. Specialized physical education can be broadly categorized into two types: those for the frail and infirm, and those for the retarded and intellectually disabled. The former aims to mold them into normal people through physical education, taking into account their constitution and health conditions, while the latter is mainly for deformities that can be corrected, such as medical gymnastics.