

COURSE DETAIL

INTRODUCTION TO HEALTH AND EXERCISE SCIENCE

Country

Korea, South

Host Institution

Seoul National University

Program(s)

Seoul National University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Physical Education

UCEAP Course Number

46

UCEAP Course Suffix**UCEAP Official Title**

INTRODUCTION TO HEALTH AND EXERCISE SCIENCE

UCEAP Transcript Title

HEALTH&EXERCISE SCI

UCEAP Quarter Units

4.50

UCEAP Semester Units

3.00

Course Description

This physical education course introduces the field of exercise science and explores it in relation to areas of health promotion. The course also provides a unique opportunity for students to test a career choice in fields related to health, exercise, and well-being through lectures from experts from different areas of science. This course is a foundational exploration of essential concepts and theories related to fostering holistic well-being, encompassing both physical and mental dimensions. Emphasizing a comprehensive approach to health, the curriculum delves into diverse strategies for enhancing and sustaining well-being, including exercise, lifestyle management encompassing aspects like sleep, nutrition, and stress.

Topics include Foundations of health and exercise science; Anatomy and physiology for exercise science; Exercise prescription and programming; Yoga experience; Nutrition, hydration, and exercise: Fundamental of nutrition, Energy balance, Nutrient timing, Dietary supplements; Stress, the effects of stress, and stress reduction; Psychology of physical activity and exercise.

Students should expect to create and group-lead a stress-reduction class, and produce and present a final project.

Language(s) of Instruction

English

Host Institution Course Number

722.105

Host Institution Course Title

INTRODUCTION TO HEALTH AND EXERCISE SCIENCE

Host Institution Course Details

<https://sugang.snu.ac.kr/>

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed

2025-2026

[Print](#)