

COURSE DETAIL

LEISURE AND QUALITY OF LIFE

Country

Korea, South

Host Institution

Korea University

Program(s)

Korea University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Physical Education

UCEAP Course Number

56

UCEAP Course Suffix**UCEAP Official Title**

LEISURE AND QUALITY OF LIFE

UCEAP Transcript Title

LEISURE&QUALITY LIF

UCEAP Quarter Units

4.50

UCEAP Semester Units

3.00

Course Description

This course examines quality of life through the study of leisure, life, and happiness in contemporary society. Students explore classical and contemporary theories, research findings, and everyday experiences to understand how leisure contributes to individual well-being and life satisfaction. While the primary focus is on personal meaning-making, the course also introduces a life-course perspective, encouraging students to consider how leisure, work, and happiness may change across different stages of life. Through lectures, discussions, presentations, and reflective assignments, students develop a deeper understanding of leisure as a key component of a meaningful and balanced life. Active participation and several outside assignments are required.

Language(s) of Instruction

English

Host Institution Course Number

PHEK365

Host Institution Course Title

LEISURE AND QUALITY OF LIFE

Host Institution Course Details

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

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed

2025-2026

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