



# HANYANG UNIVERSITY

## Hanyang ERICA Summer School

Office of International Affairs, Hanyang University ERICA  
55 Hanyangdaihak-ro, Sangnok, Ansan, Gyeonggi-do, 15588, Korea  
Tel. +82-31-400-4917 | hess@hanyang.ac.kr

## 2025 Course Syllabus

Course Information	Course Title(Eng)	Comprehensive Fitness Training	Course Category	Elective Non-Major(General)
	Course Title(Kor)			
	Credit-Lecture-Lab	2 credits-0 hrs-30 hrs	Course Restrictions	N/A
	College/School	International Summer School(ERICA)	College/School Responsible	Foreign Exchange Program(Y0000341)
	Meeting Times	9:00am-12:00pm 10times	Electronic Attendance	Y/N

Instructor Info	Department	School of Sports Science	Name	Eunjung Cho
	Contacts	010-8706-3256	E-mail	ejcho1007@hanyang.ac.kr
	Homepage			
Course Type	Teaching Method			

Course Description	This course offers a holistic approach to fitness by integrating the principles and practices of yoga and Pilates. Students will engage in structured physical training that emphasizes flexibility, core strength, posture alignment, balance, and mindful breathing. Through a combination of mat-based exercises and guided movement sequences, participants will develop improved body awareness, muscular endurance, and mental focus. The course is suitable for students of all fitness levels and aims to promote long-term physical well-being through sustainable training practices.					
Course Objectives	By the end of this course, students will be able to: 1. Understand and apply the foundational principles of yoga and Pilates in a fitness context. 2. Improve flexibility, balance, and core strength through consistent practice. 3. Develop proper postural alignment and body mechanics. 4. Enhance mental focus and relaxation through mindful breathing techniques. 5. Build a personal fitness routine incorporating yoga and Pilates elements for long-term health.					
Notice for Students						

Textbook	No.	Title	Author	Publisher	ISBN	Price(KRW)



Evaluation	Evaluation Criteria	Percentage(%)	Evaluation Criteria	Percentage(%)
	Attendance	20	Quiz	
	Assignments		Mid-term Exam	35
	Discussion		Final Exam	35
	Team Project		Participation	10
	Other			Percentage(%)
	Total 100 %			

Daily Lecture Plan and Assignments	Day	Title	Activity
	1	Orientation	What is yoga? What is breathing? What is meditation? Describe the course assessment items and methods
	2	Healing yoga	Breathing and meditation training joint stretching and Savassana
	3	Pair Stretching	Help each other to maximize stretching
	4	Pair Stretching & Vinyasa Yoga	Learn the down dog posture correctly and learn vinyasa and power yoga.
	5	Mid-Term Exam	1. After understanding your posture and body, select the movements you need. 2. Make it fun by connecting 2-3 movements rather than simple movements so that they do not overlap with others. 3. Explain the stages, stimulus points, and effects. 4. There must be order, breathing, and process communication.
	6	Rhythm yoga & Pilates warm-up	Learn the correct movement of the rhythm of the breathing sequence
	7	Rhythm yoga & Pilates lower body strength exercise and spinal and leg stretching	Learn the correct behavior and order Learn the correct movement of the rhythm of the breathing sequence



	8	Rhythm yoga & Pilates core reinforcement exercise	Learn the correct movement of the rhythm of the breathing sequence
	9	Rhythm yoga & Pilates Full Version	The full version of rhythm yoga & Pilates is performed with breathing to the music.
	10	Final Exam	Evaluation method: 1. Accuracy; 2. Rhythm; 3. Connectivity; 4. posture Form and Body Balance; 5. Dress



## Instructor Profile

<p>Former national rhythmic gymnastics athlete (Asian Games bronze medalist)</p> <p>Graduated from Sejong University Department of Physical Education Special Scholarship</p> <p>Health Education, Idaho State University, U.S.A.</p> <p>Master of Health Education, Idaho State University, U.S.A.</p> <p>Health Manager Intern Idaho State Head Start</p> <p>Ph.D. and Adjunct Professor of Sports Psychology, Hanyang University</p> <p>Korean Gymnastics Association Rhythmic Gymnastics Referee and International Referee</p> <p>Sports Psychologist Level 1, Professional Sports Instructor Level 1</p>	NAME
	EUNJUNG CHO