



# Syllabus

2024 Summer School

<b>Course Title</b>	<b>Smart Fitness Care</b>		
<b>Instructor</b>	<b>Junho Jang</b>		
<b>Class Room</b>	<b>(TBA)</b>	<b>Credits</b>	<b>2</b>
<b>E-mail</b>	<b>jangju2489@gmail.com</b>	<b>Class Type</b>	<b>Track B</b>

## Course Description

This course is designed to understand the physical adaptation of exercise to maintain a healthy lifestyle and to understand the correct method of exercise using smart devices, etc.

## Course Objectives

The goal of this lesson is to understand the role of exercise on improving your health. In addition, you can exercise efficiently by establishing the exact form and intensity of personal exercise using smart fitness equipment. To this end, it will be possible to understand wearable device biometric indicators and design exercise prescription programs based on them.

## Text Books

None

## Other Texts and References

None

## Class Structure

## Notes



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This course is a combination of lectures and hands-on lessons, and the evaluation consists of attendance, assignments, and exams

### Grading

Exam	Attendance	Assignments	Quiz	Discussion	Etc.	Total
20%	40%	40%	0%	0%	0%	100%

### Course Schedule

Type	Date	Time	Class Topics	Notes
Class 1	July 30 (Tue)	09:00-12:00 또는 13:00-16:00	Introduction	
Class 2	July 31 (Wed)		Building a Personal Fitness Plan / Measurement of Body Composition	
Class 3	Aug. 1 (Thu)		Building a Personal Fitness Plan 2/ Weight training	
Class 4	Aug. 5 (Mon)		Building a Personal Fitness Plan 3/ Measurement of HRmax, VO2max	
Class 5	Aug. 6 (Tue)		Cardiovascular Endurance / Football	
Class 6	Aug. 7 (Wed)		Muscular Fitness / Taekwondo	
Class 7	Aug. 8 (Thu)		Diet & Nutrition / Basketball	
Class 8	Aug. 12 (Mon)		Weight Management / Softball	
Class 9	Aug. 13 (Tue)		Assignments/ Exam	