



# Syllabus

2022 Summer School

<b>Course Title</b>	<b>Introduction to Health and Wellness in Korea</b>		
<b>Instructor</b>	Eun Jin Lee, Seung Woo Choi, Hyo-Bum Kwak		
<b>Class Room</b>	<b>TBA</b>	<b>Credits</b>	<b>2</b>
<b>E-mail</b>	<b>eunjinlee@Inha.ac.kr</b>	<b>Class Type</b>	<b>B</b>

## Course Description

This class covers interesting topics in health and wellness issues in Korea. The classes include lecture, practice, and site visit to health institutes.

## Course Objectives

The objectives of this class are helping students to understand current issues in health science and wellness in Korea and comparing those with their home countries. Throughout the class students will be able to understand most common health problems in Korea and problem solving strategies to solve the health issues in Korean health and wellness system.

## Text Books

None

## Other Texts and References

None

## Class Structure

Individual professors will take care of each class independently. Grades will be given based on assignments (short essays) and attendance.

## Notes

## Grading

<b>Exam</b>	<b>Attendance</b>	<b>Assignments</b>	<b>Quiz</b>	<b>Discussion</b>	<b>Etc.</b>	<b>Total</b>
0%	30%	70%	0%	0%	0%	100%



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## Course Schedule

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Type	Date	Time	Class Topics	Notes
Class 1	Aug. 2	13:00-16:00	Aging and Health in Korea	Choi
Class 2	Aug. 3	13:00-16:00	Dementia, Delirium, and Depression Mental Health Assessment	Choi
Class 3	Aug. 4	13:00-16:00	Korean Traditional Games	Kwak
Class 4	Aug.5	13:00-16:00	Korean Martial Arts	Kwak
Class 5	Aug.8	13:00-16:00	Site Visit and Experience: Seonhak International Ice Rink	Kwak
Class 6	Aug. 9	13:00-16:00	Integrative medicine	Lee
Class 7	Aug. 10	13:00-16:00	Tea and food	Lee
Class 8	Aug. 11	13:00-16:00	Auriculotherapy	Lee
Class 9	Aug.12	13:00-16:00	Acupressure	Lee
Class 10	Aug.16	13:00-16:00	Hand acupuncture & Moxibustion	Lee

\*The lecture Topics may be subject to change depending on circumstances. Field Trip may be included depending on circumstances.