

CURRICULUM VITAE

Yonjoong Ryuh, Ph.D.

Assistant Professor, Department of Kinesiology
Director, Golf & Motor Learning Laboratory
Co-Director, Seawolf Fit: Movement, Physical Activity, & Sports for All
Faculty Fellow, Center for Community Engagement
Sonoma State University
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EDUCATION

- Ph.D.** Exercise Science, emphasis on motor learning and intellectual disability (Aug. 2020)
Department of Kinesiology, Mississippi State University (MSSTATE)
- M.S.** Adapted Physical Activity (Feb. 2015)
Department of Physical Education, Seoul National University
- B.S.** Physical Education (Feb. 2013)
Department of Physical Education, Seoul National University

PROFESSIONAL APPOINTMENTS

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|--------------------------------|---|
| Assistant Professor (2020–) | Department of Kinesiology, Sonoma State University |
| Lecturer (2018-2020) | Department of Kinesiology, Mississippi State University |
| Teaching Assistant (2016-2018) | Department of Kinesiology, Mississippi State University |

PROFESSIONAL AFFILIATIONS

2021-present North American Society for the Psychology of Sport and Physical Activity (NASPSPA)

2016-present North American Federation of Adapted Physical Activity (NAFAPA)

2013-present International Federation of Adapted Physical Activity (IFAPA)

2017-2022 American College of Sports Medicine (ACSM)

2019-2020 National Association for Kinesiology in Higher Education (NAKHE)

2017-2019 SHAPE (Society of Health And Physical Education) America

2013–2016 Korean Society of Adapted Physical Education

HONORS AND AWARDS

- 2024 **2024 Student Group Community Impact Award by American Kinesiology Association.**
Seawolf Fit Crew Introduction video [HERE](#), featured newsletter ([Kinesiology Today p.9-10](#))
- 2025 **CSU Research Competition: 2nd place award with undergrad researchers** in Health, Nutrition, & Clinical Sciences Category
Humboldt State University
- 2023 **CSU Research Competition: 2nd place award with undergrad researchers** in Health, Nutrition, & Clinical Sciences Category

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| | San Diego State University |
| 2022 | Bright Idea Award, School of Science & Tech Research Symposium, SSU |
| 2022 - 2025 | CSU Research Competition: Health, Nutrition, & Clinical Sciences Category winner at Sonoma State University |
| 2020, & 2021 | CSU Research Competition: Behavioral Science Category winner at SSU |
| 2019 | Kinesiology Ph.D. Student of the Year |
| 2019 | Social and Behavioral Sciences Category Winner at MSSTATE |
| | 3-Minute Thesis competition: Doctoral Level, \$250 |

TEACHING

SONOMA STATE UNIVERSITY (2020-present)

COURSES

| | | | |
|-------------|-------------|---|------------------|
| 2024 Fall | – Present | KIN 305: Motor Control and Learning | (SETE score TBD) |
| 2022 Summer | – 24 Summer | KIN 305: Psychological Basis of Human Movement | (4.89/5) |
| 2022 Spring | – present | KIN 427: Adaptive Physical Activity: Theory to Practice | (4.78/5) |
| 2020 Fall | – 22 Spring | KIN 410: Life Span Motor Development | (4.4/5) |
| 2020 Fall | – 21 Spring | KIN 400: Elementary School Physical Education | (4.3/5) |

GUEST LECTURES

| | | |
|---------------------|--|---|
| 24 Fall | KIN 201: Foundation of Kinesiology | <ul style="list-style-type: none"> <i>topic: Introduction to our department and my research agenda</i> |
| 24 Spring | EDSP 429: Supporting Students with Physical, Health, and Sensory Needs | <ul style="list-style-type: none"> <i>topic: interdisciplinary approach with motor learning, exercise psychology, and disability</i> |
| 22 Spring - present | KIN 201: Foundation of Kinesiology | <ul style="list-style-type: none"> <i>topic: motor behavior and disability</i> |
| 22 Fall – 23 Spring | KIN 401: Lifespan Motor Development, | <ul style="list-style-type: none"> <i>topic: locomotor development</i> |
| 20 Fall – 22 Spring | BIOL 218: Biology of Aging, | <ul style="list-style-type: none"> <i>topic: fall prevention principles</i> |

TEACHING-FOCUSED PROFESSIONAL DEVELOPMENT

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|------|---|---|
| 2025 | Reboot & Revise: AI Pedagogy | Center for Teaching & Educational Technology (CTET), Sonoma State University |
| 2025 | Equity-Minded Pedagogy | CSU Office of IDEAS (Fresno State) |
| 2022 | Pandemic Informed Teaching Working Group | Center for Teaching & Educational Technology (CTET), Sonoma State University |
| 2021 | Online Facilitation Fundamentals Program | 40-hour course: develop an understanding of successful online teaching strategies Center for Teaching & Educational Technology (CTET), Sonoma State University |
| 2020 | Self-directed Canvas Design Summer Institute Training Course Online | Center for Teaching & Educational Technology (CTET), Sonoma State University |

MISSISSIPPI STATE UNIVERSITY (2016–2020)

LECTURER OF RECORD

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|--|-------------|
| PE 4853: Motor Learning and Skill Analysis | (4.3 / 5.0) |
| PE 4173: Test and Measurement in PE | (4.7 / 5.0) |
| PE 3223: Motor Development, online | (4.5 / 5.0) |
| PE 3133: Adapted Physical Education | (4.4 / 5.0) |
| KI 2213: Emergency Health Care | (4.4 / 5.0) |
| EP 3304: Exercise Physiology Laboratory | (4.7 / 5.0) |
| PE 1071: Soccer | (4.8 / 5.0) |
| PE 1061: Fitness Walking and Jogging | (4.6 / 5.0) |

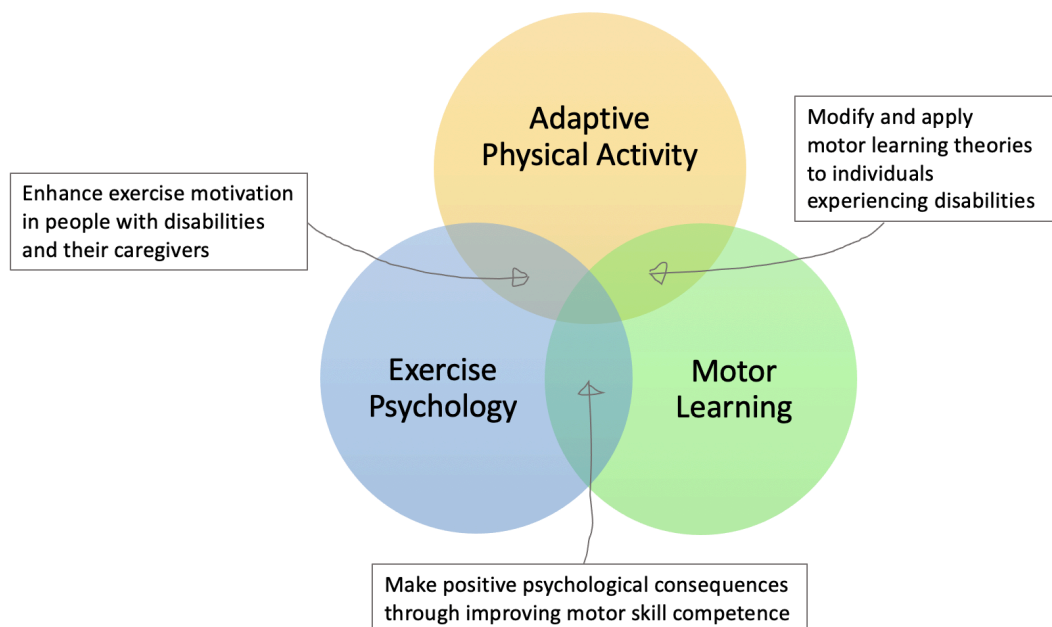
GUEST LECTURER / TEACHING ASSISTANT

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| EP 4703: Neural Control of Human Movement |
| EP 3183: Exercise Psychology |

NEW COURSE DEVELOPMENT: ADAPTED PHYSICAL ACTIVITY (1 unit activity course)

- Course description:
Unified sports with college students with and without intellectual disabilities
- Course goal: Train students to participate in community-based unified sports events including StarkVegas Futbol Jamboree (unified soccer) and Special Olympics unified sports (basketball, flag football) every semester

RESEARCH and SCHOLARLY ACTIVITY



CURRENT FOCUS

1. Enhance motor skill competence for individuals with and without disabilities through **errorless practice** and **external focus of attention** (golf as a primary sport)
2. Promote exercise adoption and maintenance by enhancing motivation & intention through **gamification** in individuals with developmental disabilities and their parents

GRANT

EXTERNAL

2025 NIRSA Research Grant

\$10,611

(submitted)

Co-PI, Beyond Access: A Comparative Study of Campus Recreation Engagement and Inclusion Among Students With and Without Intellectual and Developmental Disabilities

2025 T-mobile Hometown Grant

\$50,000

(awarded)

PI, Enhancing Accessibility and Engagement on the On-Campus Walking Trail: Butterfly Garden and Interactive Exercise Posts with QR Codes

| | | |
|-------------|------------------------------|-----------------|
| 2023 | United Cerebral Palsy | \$20,000 |
| | <i>(Rejected)</i> | |

PI. The impact of a single-bout aerobic exercise on cognitive function and EEG frontal alpha activity in children with Cerebral Palsy

INTERNAL (AWARDED)

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|-----------|--|----------|
| | 2025 RSCAP (Research, Scholarship and Creative Activities Program) | |
| | Summer Research Stipend | \$5,000 |
| 2024-2025 | Koret Scholars Award at Sonoma State University | \$13,500 |
| | <i>"Rhythm focus and errorless practice on golf putt skill learning among individuals with and without intellectual disabilities"</i> | |
| 2023-2024 | Koret Scholars Award at Sonoma State University | \$7,600 |
| | <i>"Errorless practice on golf skill performance and learning"</i> | |
| 2022-2023 | Koret Scholars Award at Sonoma State University | \$7,600 |
| | <i>"Holistic focus of attention as an alternative to external focus on pirouette"</i> | |
| 2022 | RSCAP (Research, Scholarship and Creative Activities Program) | |
| | Summer Research Stipend | \$5,000 |
| | <i>"Impact of attentional focus on two-handed underhand throw"</i> | |
| 2021-2022 | Koret Scholars Award at Sonoma State University | \$7,600 |
| | <i>"Gamified home-based exercise program on motor skill competence in both children with developmental disabilities and their parents."</i> | |
| 2020-2021 | Koret Scholars Award at Sonoma State University | \$8,000 |
| | <i>"Association between parental physical activity motivation and actual physical activity level in children with developmental disabilities."</i> | |

PEER-REVIEWED PUBLICATIONS

1. **Ryuh, Y., & Chen, C.-C.** (submitted). Rethinking the Impact: No Cognitive Boost from Vigorous Exercise in Individuals with Intellectual Disabilities, *Journal of Intellectual Disability Research [JIDR-05-2025-0206-OMr]*

2. Chen, C.-C., & **Ryuh, Y.** (submitted). Do Males and Females Think Differently? A Study on Confidence and Attention in Golf Putting, *Discover Psychology* [f0cb3b7f-85fa-4d8e-b2be-1f6df148e57b]
3. Chen, C.-C., **Ryuh, Y.**, & Lamberth, J. (submitted). Variations in Perceived Confidence and Attention Focus Between Males and Females During a Golf Putting Task, *Acta Psychologica* [ACTPSY-D-25-00696]
4. Choi, P., Lim, S., Muniz, S., & **Ryuh, Y.***, (submitted). Gamified home-based pair exercises for children with developmental disabilities and their parents. *Mental Health and Physical Activity* [MENPA-D-25-00348]
5. Chen, C.-C., **Ryuh, Y.**, & Pan, C.-Y. (2025). Impact of Adapted and Inclusive University Soccer on Mental Health in Young Adults with Intellectual and Developmental Disabilities. *Sports Science for Health*.
<https://doi.org/10.1007/s11332-025-01408-8>
6. **Ryuh, Y.**, Geschwender, C., Kim, J., & Becker, K. (2024). The Distance Effect in Focus of Attention: Spatial or Temporal Distance?. *Research Quarterly for Exercise and Sport*, 1-6.
7. Chen, C.-C.(JJ), **Ryuh, Y.**, Lamberth, J., Pan, Z., & Conners, F. (2024). The effects of different exercise modalities on visuospatial working memory in healthy young adults. *Journal of Human Sport and Exercise*, 19(4), 1084-1094.
<https://doi.org/10.55860/xhx8j351>
8. Chen, C.-C. (J.J.), **Ryuh, Y-J**, Tomporowski, P.P., Lamberth, J., Pan, Z., & Conners, A. (2023). Acute effect of skill random practice versus cardiovascular exercise on motor learning of a golf putting task. *International Journal of Sport Psychology*, 54, 140-151. <https://doi.org/10.7352/IJSP.2023.54.140>
9. Chen, C.-C., **Ryuh, YJ**, & Mackey, K. (2022). The Cognitive Effect of Unified Flag Football Program in Young Adults with Intellectual Disabilities: The Exploratory Study. *The Physical Educator*, 79, 615-628.
<https://doi.org/10.18666/TPE-2022-V79-I6-11024>
10. Chen, C.-C. (JJ), **Ryuh, Y-J.**, Donald, M., & Rayner, M. (2022) The Impact of Badminton Lessons on Health and Wellness of Young Adults with Intellectual Disabilities: A Pilot Study. *International Journal of Developmental Disabilities*, 68(5), 703-711, <https://doi.org/10.1080/20473869.2021.1882716>
11. Chen, C.-C.(JJ), **Ryuh, Y.**, Luczak, T., & Lamberth, J. (2022). Examining Different Foci of Attention on Golf Putting Performance in Novice Learners. *The Physical Educator*, 79(4), 466-483.
12. **Ryuh, YJ**, Chen, C.-C. (JJ), Pan, Z, Gadke, D.L., Elmore-Staton, L.S., Pan, C.-Y., & Cosgriff, A. (2022). Promoting Physical Activity through Exergaming in Young Adults with Intellectual Disabilities: A Pilot Study. *International Journal of Developmental Disabilities*, 68(2), 227-233. <https://doi.org/10.1080/20473869.2019.1605771>
13. Chen, C.-C. (JJ), Kulinna, P.H., Spring, K.E., **Ryuh, Y.**, & Holmes, M.E. (2022). The Evaluation of Physical Literacy of Preservice Physical Educators. *The Physical Educator*, 79(5), 548-568. <https://doi.org/10.18666/TPE-2022-V79-I5-10908>
14. Chen, C-C, **Ryuh, Y.**, Luczak, T., & Lamberth, J. (2021). The Effects of Attentional Focus and Skill Level on the Performance of Golf Putting. *Journal of Motor Learning and Development*. Advance online publication.

<https://doi.org/10.1123/jmld.2020-0072>.

15. Chen C.-C. (JJ), Ringenbach S.D.R., **Ryuh Y.J.**, Hardwick H. (2021). A Preliminary Exploration of Relationships between Executive Functioning and Motor Skills in Young Adults with Intellectual Disabilities. *Global Journal of Intellectual & Developmental Disabilities*, 8(2): 555733. DOI: 10.19080/GJIDD.2021.08.555733
16. Chen, C-C (JJ), Holmes, M.E., Wood, K., **Ryuh Y.**, & Kulinna, P.H. (2020) Are You Better Than a 12-Year-Old Student? A Pilot Study to Explore Physical Literacy in Preservice Physical Education Teachers. *The Physical Educator*, 77(1), 130-153.
17. **Ryuh, Y.**, Choi, P., Oh, J., Chen, C. C., & Lee, Y. (2019). Impact of Inclusive Soccer Program on Psychosocial Development of Children with and without Intellectual Disabilities. *Journal of Developmental and Physical Disabilities*, 1-15.
18. Chen, C. C. J., **Ryuh, Y.**, Hardwick, H., Shirley, R., Brinkley, B., Lim, S. ... & Kim, M. L. (2019). Psychological Benefits of Inclusive Soccer Program in Young Adults with and without Intellectual Disabilities. *Journal of Developmental and Physical Disabilities*, 1-15.
19. Chen, C. C., **Ryuh, Y. J.**, Fang, Q., Lee, Y., & Kim, M. L. (2019). The Effects of Inclusive Soccer Program on Motor Performance and Sport Skill in Young Adults with and without Intellectual Disabilities. *Journal of Developmental and Physical Disabilities*, 1-13.
20. Chen, C. C. (JJ), Bellama, T. J., **Ryuh, Y. J.**, & Ringenbach, S. D. R. (2019). Examination of participation and performance of dancing movement in individuals with Down syndrome. *International Journal of Developmental Disabilities*, 65(1), 58-63.
21. Smith, W, Chen, C.-C. (JJ), **Ryuh, Y.J**, Pan, Z, Gadke, D.L., Elmore-Staton, L.S., Pan, C.-Y., & Cosgriff, A. (2019). Effects of Exergaming on Mental Health and Manual Motor Function in Young Adults with Intellectual Disabilities: A Pilot Study. *MAHPERD journal*, 6(1), 12-20.
22. Choi, P., Allred, A. T., **Ryuh, Y.**, & Agiovlasitis, S. (2019). Prediction of Energy Expenditure from Pedometer-Determined Step-Rate in Adults with and without Down syndrome. *Journal of Developmental and Physical Disabilities*, 1-12.

MANUSCRIPTS IN PROGRESS

1. **Ryuh, Y.**, Chen, C-C., Agiovlasitis, S., Pan, Z., & Lamberth, J. (In revision). Acute aerobic exercise as a means of enhancing golf putt accuracy in adults with intellectual disabilities. *Journal of Intellectual Disability Research*.
2. **Ryuh, Y.**, Chun, Y., Hernandez, K., Winchell, S., & Becker, K. (In writing). External focus of attention may not be as beneficial as its reputation on form-based skills.
3. **Ryuh, Y.**, Payne, K., & Cameron, K., (In writing). Learning a golf chip shot through implicit vs. explicit and error-driven vs. error-reduced practice
4. **Ryuh, Y.** & Choi, P., (completed data collection). Effect of gamified soccer program on physical activity parameters in children with developmental disabilities

PEER-REVIEWED CONFERENCE PROCEEDINGS

1. **Ryuh, Y.**, Payne, K., Cameron, K., Michnevich, C., & Copeland, D. (2025). Learning a golf chip shot through implicit vs. explicit and error-driven vs. error-reduced practice, *North American Society for Psychology of Sport and Physical Activity*.

2. Gonzalez, J., Choi., P., & **Ryuh, Y.*** (2025). The impact of a GAMIFIED sport program on children with developmental disabilities. *North American Society for Psychology of Sport and Physical Activity*.
3. Winchell, S., Hernandez, K., Chun, Y., & **Ryuh, Y.*** (2025) External focus of attention may not be as beneficial as its reputation on aesthetic skills, *North American Society for Psychology of Sport and Physical Activity*.
4. **Ryuh, Y.**, Geschwender, C., & Becker, K. (2023). Impact of attentional focus on the underhand maximal throw of a medicine ball in young healthy adults, *North American Society for Psychology of Sport and Physical Activity*
5. Chen, C.-C., Kulinna, P., Spring, K., **Ryuh, Y-J**, & Holmes, M. (2022). The Evaluation of Physical Literacy of Preservice Physical Educator, *The ASHPERD Journal*, 43(1), 24.
6. **Ryuh, Y.**, Chen, C. C., Pan, Z., & Lamberth, J. (2022). Impact of acute aerobic exercise on golf putt skill learning in adults with intellectual disabilities. *Journal of Sport & Exercise Psychology*, 44, 52-52.
7. Talwar, S., Chen, C.-C., Lamberth, J., **Ryuh, Y-J.**, Choi, P., Hommel, M., Pan, Z. (2019). Effects of Tai Chi Exercise versus BINGO on Fine Motor Functions in Older Adults. *Medicine & Science in Sports & Exercise*. 51(6), 33.
8. Holmes, M. E., Spring, K. E., Chen, C. C. J., & **Ryuh, Y.** (2019). Differences in perceived and measured physical activity and sedentary indices among physical education pedagogy undergraduate students. *APHA's 2019 Annual Meeting and Expo*, 2-6.
9. Spring, K. E., Holmes, M. E., **Ryuh, Y-J.**, Chen, C.-C. (2019). Compliance with Physical Activity Guidelines and Associations with Physical Literacy among Future Physical Educators. *Medicine & Science in Sports & Exercise*.
10. **Ryuh, Y.**, Talwar, S., McBeth, J., McWhirter, K., Siosin, N., Chen, C-C., & Pan, Z. (2018). Comparison of Upper Extremity Strength among Different Age Groups of the Older Adult Population. *Southeast Chapter of American College of Sports Medicine (SEACSM)*.
11. **Ryuh, Y-J**, Chen, C-C, Wood, K.E., Holmes, M.E., & Pamala H. Kulinna (2018). Exploring Physical Competence and Knowledge Performance among PETE Pre-Service Educators. *Research Quarterly for Exercise and Sport*, 89 (suppl 1), A201-A202.
12. Wood, K.E., Holmes, M.E., **Ryuh, Y-J**, Chen, CC, Kulinna, P.H. (2018). So You Think You Are Better Than a 12-Year-old Student? *Research Quarterly for Exercise and Sport*, 89 (suppl 1), A200-A201.

SELECTED PRESENTATIONS

ORAL PRESENTATION

1. Gonzalez, J. (undergraduate presenter), Choi., P., & **Ryuh, Y.** (2025). The impact of a GAMIFIED sport program on children with developmental disabilities. *North American Society for Psychology of Sport and Physical Activity*.
2. **Ryuh, Y.**, Geschwender, C., & Becker, K. (2023). Impact of attentional focus on the underhand maximal throw of a medicine ball in young healthy adults, *North American Society for Psychology of Sport and Physical Activity*
3. Winchell, S., Bymaster, J.T., Filler, A., & **Ryuh, Y (mentor)**. (2022). Effect of gamified

home-based exercise program on motor skill competence in children with developmental disabilities and their parents, *The Western Association for Sport Psychology and Physical Activity (WASPAPA)*.

4. Geschwender, C. (undergraduate presenter), **Ryuh, Y.**, Choi, P., & Lim, S., (2022). Effect of gamified home-based exercise program on motor skill competence in children with developmental disabilities and their parents, *North American Federation of Adapted Physical Activity (NAFAPA) Symposium*.
5. **Ryuh, Y-J**, Chen, C.-C., Fang, Q., Lim, S., Lee, Y., & Kim, M.L. (2018). The effects of inclusive soccer class on physical fitness and skill performance in college students with and without Intellectual Disabilities. *North American Federation of Adapted Physical Activity (NAFAPA) Symposium*.
6. **Ryuh, Y-J**, & Lee, Y. (2014). The Effectiveness of the Inclusive Soccer Program on the Social Distance of Children without Disability toward People with Disabilities, and Withdrawn Behavior of Children with Disabilities. *North American Federation of Adapted Physical Activity (NAFAPA) Symposium*.

POSTER

1. **Ryuh, Y.**, Payne, K., Cameron, K., Michnevich, C., & Copeland, D. (2025). Learning a golf chip shot through implicit vs. explicit and error-driven vs. error-reduced practice, *North American Society for Psychology of Sport and Physical Activity*.
2. Winchell, S., Hernandez, K. (undergraduate presenters), Chun, Y., & **Ryuh, Y.** (2025) External focus of attention may not be as beneficial as its reputation on aesthetic skills, *North American Society for Psychology of Sport and Physical Activity*.
3. Geschwender, C., Hernandez, K., Filler, A., & **Ryuh, Y (mentor)**. (2022), Impact of attentional focus on the underhand maximal throw of a medicine ball in young healthy adults, *The Western Association for Sport Psychology and Physical Activity (WASPAPA)*
4. **Ryuh, Y.**, Chen, C. C., Pan, Z., & Lamberth, J. (2022). Impact of acute aerobic exercise on golf putt skill learning in adults with intellectual disabilities, *North American Society for Psychology of Sport and Physical Activity*
5. **Ryuh, Y-J.**, Chen, C-C., Tomporowski, P. D., Lamberth, J., Pan, Z., (2020). Impact of acute aerobic exercise on visuospatial working memory and sensorimotor skill acquisition, Annual NAKHE National Conference
6. **Ryuh, Y-J.**, Chen, C-C., Wood, K., Holmes, M., Kulinna, P. (2018). Are You Better than a 12-year-old Student? Exploring Physical Competence and Knowledge Performance among PETE Pre-service Educators. *2018 SHAPE America National Convention & Exposition*.
7. **Ryuh, Y-J.**, Talwar, S., McBeth, J., McWhirter, K., Siosin, N., Chen, C-C., Pan, Z. (2018). Comparison of upper extremity strength among different age groups of the older adult population. *Southeastern Chapter of American College of Sports Medicine*.
8. Hardwick, H. (undergraduate presenter), Chen, C.-C., **Ryuh, Y-J**, Lim, S, Lee, Y., & Kim, M.L., Executive functioning related to sport performance in young adults with and without intellectual disabilities. *North American Federation of Adapted Physical Activity 2018 Symposium*.

UNDERGRADUATE RESEARCH MENTORING

2025-2026 Translating errorless learning to field-based intervention programs to enhance ball skills in adults with intellectual disabilities

- Plan to apply Koret to fund six undergraduate research assistants
- 7 undergraduate students taking KIN 495: Special Studies

2024-2025 Errorless practice on golf putt skill learning in individuals with intellectual disabilities

- 4 funded undergraduate research assistants
- Achievements:
 - 2022-23 Koret Scholars Award
 - Selected as an SSU representative study (Health, Nutrition, and Clinical Science Division) at the CSU Research Competition hosted by Cal Poly Humboldt

Examine the impact of rhythm focus of attention on golf putt accuracy compared to traditional external focus of attention

- 2 funded and 2 unfunded undergraduate research assistants
- Achievements:
 - 2022-23 Koret Scholars Award

2023-2024 Implementing errorless practice on golf chip shot skill learning for beginner golfers

- 4 funded undergraduate research assistants

2022-2023 Implementing holistic focus of attention on dancing and golf performance

- 4 funded undergraduate research assistants
- 6 unfunded undergraduate research assistants
- Achievements:
 - 2022-23 Koret Scholars Award
 - **2nd place award** at the CSU Research Competition hosted by San Diego State University (Health, Nutrition, and Clinical Science Division)

2022-2023 Implementing gamification on in-person adaptive exercise program on children with developmental disabilities

- 11 unfunded undergraduate research assistants
- Intervention was carried out in 2023 summer as an adaptive soccer camp

2021-2022 Impact of attentional focus on motor performance in healthy young adults

- 3 unfunded undergraduate research assistants
- Achievement:
 - Presented at the School of Science and Technology (SST) Science Symposium

2021-2022 Effect of gamified home-based exercise program on motor skill competence in children with developmental disabilities and their parents

- 4 internally funded undergraduate research assistants
- An unfunded undergraduate research assistant
- Achievements:
 - Koret Scholars Award

- o CSU Research Competition representing SSU
 - o Presented at the SST Science Symposium: received Bright Idea Award
 - o Training undergraduate researcher on manuscript writing for publication
- 2020-2021 Parental physical activity motivation and physical activity level of their children with developmental disabilities
- A doctoral student mentee at Seoul National University, South Korea
 - 4 internally funded undergraduate research assistant
 - Achievements:
 - o Koret Scholars Award
 - o CSU Research Competition representing SSU
 - o Presented in the 2021 SSU Virtual Research Gallery and the SST Science Symposium

SERVICE

COMMUNITY SERVICE

SEAWOLF FIT (click [HERE](#) for more information)

** Signature service-learning program connected with KIN 427*

Community-based weekly program for children with disabilities and their parents

- Personalized exercise program to improve motor skill and fitness for children with all abilities. Alternate adaptive soccer and golf every semester
- Wellness and health-enhancing activities for parents
- As of Spring 2024, 29 families including parents, kids with disabilities and their siblings, 16 Crew members (all Kinesiology undergraduates) leading this program, and 20 students taking KIN 427 course are actively participating.

ON-CAMPUS SERVICE

University level

- Fall 25 – Present Faculty Fellow, Center for Community Engagement
- Fall 25 – Present Member, Student Affairs Committee
- Fall 22 – Spring 25 President Appointee, Scholarship Committee
- Fall 22 – Spring 23 SSU Accessible Technology Initiative (ATI) Ambassador

College level

- Fall 25 – Present Chair, STB Elections Committee
- 2021 Fall - 25 Spring SST/STB Curriculum Committee
- 2021 Fall - 22 Fall SST Professional Development Committee

Departmental level

- Co-lead, 2019-2025 Program Review
- Lead, Departmental RTP Criteria revision
- Search Committee
 - o Biomechanics, tenure-track assistant professor, 2022
 - o Biomechanics, visiting assistant professor, 2021
- Academic advisor, Lifetime Physical Activity Concentration (80-100 students)

PROFESSIONAL

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| 2024 Spring | SSU Spotlight on Scholarship Speech <ul style="list-style-type: none">• Topic: Individual differences in learning & re-learning motor skills: Apply science into your skill learning |
| 2023 Fall | Journal Reviewer Adapted Physical Activity Quarterly |
| 2023 Spring | Invited Guest Lecturer: Adaptive PA, Motor Learning, & Application Graduate School in Kinesiology Seoul National University |
| 2023 Spring-present | Developing Committee United Cerebral Palsy of the North Bay |
| 2022 Fall-present | Reviewer: Pac Rim Conference |
| 2022 Spring-present | PRE OT/PT (Pre-Occupational & Physical Therapist) CLUB ADVISOR |
| 2021 January | Panelist Graduate Symposium Department of Kinesiology at Mississippi State University |
| 2021 May | Invited guest speaker Common Ground Society (https://commongroundsociety.org/) (Organization of parents of children with disabilities) |
| 2021-present | Invited Instructor (bi-monthly seminar) Korean parents of child with developmental disabilities One Mind Society at CSU Sacramento (Organization of Korean parents of children with disabilities) |
| 2021 April–May | Invited guest speaker Weekly health promotion program for adults with disabilities Becoming Independent (https://becomingindependent.org/) |
| 2021 April | Invited guest speaker Fall Prevention tips for SSU Staffs caregiving older adults Sonoma State University |

VOLUNTEERING

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| 2021 – present (twice a year) | Volunteer Instructor Bike/Swim Camp United Cerebral Palsy of North Bay (UCPNB: https://ucpnb.org/) |
| 2022 August | Volunteer Instructor: Motor skill learning session Camp Chaos United Cerebral Palsy of North Bay (UCPNB: https://ucpnb.org/) |
| 2021 August | Volunteer Instructor: Adapted Physical Activity Session Leader Camp Without Limits United Cerebral Palsy of North Bay |

OTHER EXPERIENCE

GOLF PROFESSIONAL

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| 2025 | Member, International PGA (IPGA) |
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- 2024 **Golf Master Teaching Professional, WGTF Level 4**
United State Golf Teachers Federation (USGTF)
- 2024 **Certified Professional Golf Coach**
United State Golf Teachers Federation (USGTF)
- 2023 **Golf Teaching Professional License, WGTF Level 3 (#11550)**
United State Golf Teachers Federation (USGTF)

ATHLETIC EXPERIENCES

- 2007-2014 Collegiate soccer
Athletic Department at Seoul National University, South Korea
Korea University Football Confederation (KUFC)
Administrative manager, 2013 - 2014
Student-athlete, 2007, 2008, 2011, & 2012

MILITARY EXPERIENCE

- 2009–2011 **Korea Army**
Social service agent & reserved infantry
Military Manpower Administration, South Korea

CERTIFICATIONS

- 2013 **Secondary School Teacher (Grade II) of Physical Education**
Ministry of Education, Republic of Korea
- 2011 **Certificate of JUDO Dan Registration: 1st degree black belt**
Dan Number: 2011 – 2 – 356812
Korea JUDO Association
- 1998 **Certificate of TAEKWONDO Dan Registration: 3rd level black belt**
Dan Number: 07076221
Korea TAEKWONDO Association & Kukkiwon