

# EIM Republic of Korea



Dr. Jin Goo Kim

**National Center Director**  
Jin Goo Kim, M.D., Ph.D.

**Affiliation**  
Hanyang University Myongji Hospital

**National Center Manager**  
Chae-Hee Park, Ph.D.

**Affiliation**  
Korea National Sport University

## Host Institution – Hanyang University Myongji Hospital

Hanyang University Myongji Hospital will serve as the host institution for the EIM South Korea National Center. The Hanyang University Myongji Hospital Province, is one of the largest and most cutting-edge medical centers in Korea. The Sports Medicine Center at Hanyang University Myongji Hospital provides programs for patients to increase their wellness and improve their quality of life with personalized exercise plans based on their physical ability. The Sports Medicine Center has a collaborative network to improve clinical outcomes with medical professionals, exercise professionals, and researchers in sports medicine. Further, the Sports Medicine Center holds an annual sports medicine symposium for communication between medical professionals and other related experts.



**MYONGJI HOSPITAL**  
MYONGJI MEDICAL FOUNDATION



## National Center Advisory Board Affiliation

Kim Jin Goo, M.D., Ph.D.	<ul style="list-style-type: none"> <li>President, Hanyang University Myongji Hospital</li> <li>Vice President, Korea Sports Medicine Association</li> </ul>
Kim Byeonggon, Ph.D.	<ul style="list-style-type: none"> <li>Honorary President, Korea Exercise Specialist Association</li> <li>Special Assistant, Kiwoom Heroes (pro baseball)</li> </ul>
Oh Byeonghui, M.D., Ph.D.	<ul style="list-style-type: none"> <li>Chairman, Mediplex Sejong Hospital</li> <li>Korean Society of Cardiology</li> </ul>
Lee Dhongwon, M.D.	<ul style="list-style-type: none"> <li>Professor, Orthopedic Dept, Konkuk University Medical Center</li> <li>Korean Arthroscopy Society</li> </ul>
Chae-Hee Park, Ph.D.	<ul style="list-style-type: none"> <li>Professor, Korea National Sport University</li> <li>Korean Alliance for Health, Physical Education, Recreation and Dance</li> </ul>
Chang Hyukki, Ph.D.	<ul style="list-style-type: none"> <li>Professor, Department of Sport &amp; Healthy Aging, Seoul Women's University</li> </ul>
Yang Sangjin, Ph.D.	<ul style="list-style-type: none"> <li>Professor, Department of Health &amp; Exercise Management, Tongwon University</li> </ul>
Choi Sangjoon, M.D.	<ul style="list-style-type: none"> <li>President, Peace Neurosurgery Hospital</li> </ul>
Jin Yeongsu, M.D., Ph.D.	<ul style="list-style-type: none"> <li>Professor Emeritus, Asian Medical Center</li> <li>Chairman, Korea Anti-Doping Agency</li> </ul>

\* Listed are the members of the EIM South Korea Executive Team. The EIM South Korea National Center Advisory Board consists of >40 members spanning all health sectors in the country.

## 2023 Goals

---

- Conduct exercise professional training and a symposium related to chronic diseases
  - Develop and translate a textbook (and other exercise training materials) for exercise professionals
  - Partner with the Korea National Fitness Center to provide training on EIM for their exercise professionals
  - Collaborate with local governments on health promotion projects to introduce EIM into local communities
  - Promote health promotion throughout Gyeonggi-do through an exercise prescription at Myongji Hospital and referral to a designated exercise center and/or in-house sports facility
  - Increase the number of EIM trained physicians and exercise professionals that are expert in the assessment, prescription, and counseling of physical activity in healthcare systems
  - Start a website for EIM Republic of Korea
  - Create a systematic training curriculum by gathering experts from sports medicine fields to educate doctors, medical assistant, and exercise professionals
  - Spread the EIM On Campus to more universities and campuses
- 

## Accomplishments to Date

---

- Officially joined the EIM Global Health Network (Sept 2018)
  - Relocated the EIM National Center to Myongji Hospital Sports Medical Center (2020)
  - Accredited the National Center as a non-profit organization (2022)
  - Conducted two EIM sports medicine symposiums (May & June 2022)
  - Collaborated with the local community in Goyang-si (Gyeonggi-do) to provide education and training on exercise and current guidelines (2022)
  - Developed an online exercise program (2021)
  - Conducted two EIM trainings for healthcare providers (2021)
  - Conducted two EIM trainings in 2019 and in 2021 for exercise professionals
  - Established EIM On Campus at two universities in South Korea (Tongwon and Taongmyong Universities)
  - Prior to becoming an official EIM National Center, they have hosted several annual conferences to promote the benefits of physical activity in chronic disease prevention
- 

**Exercise  
is Medicine<sup>®</sup>  
Republic of Korea**