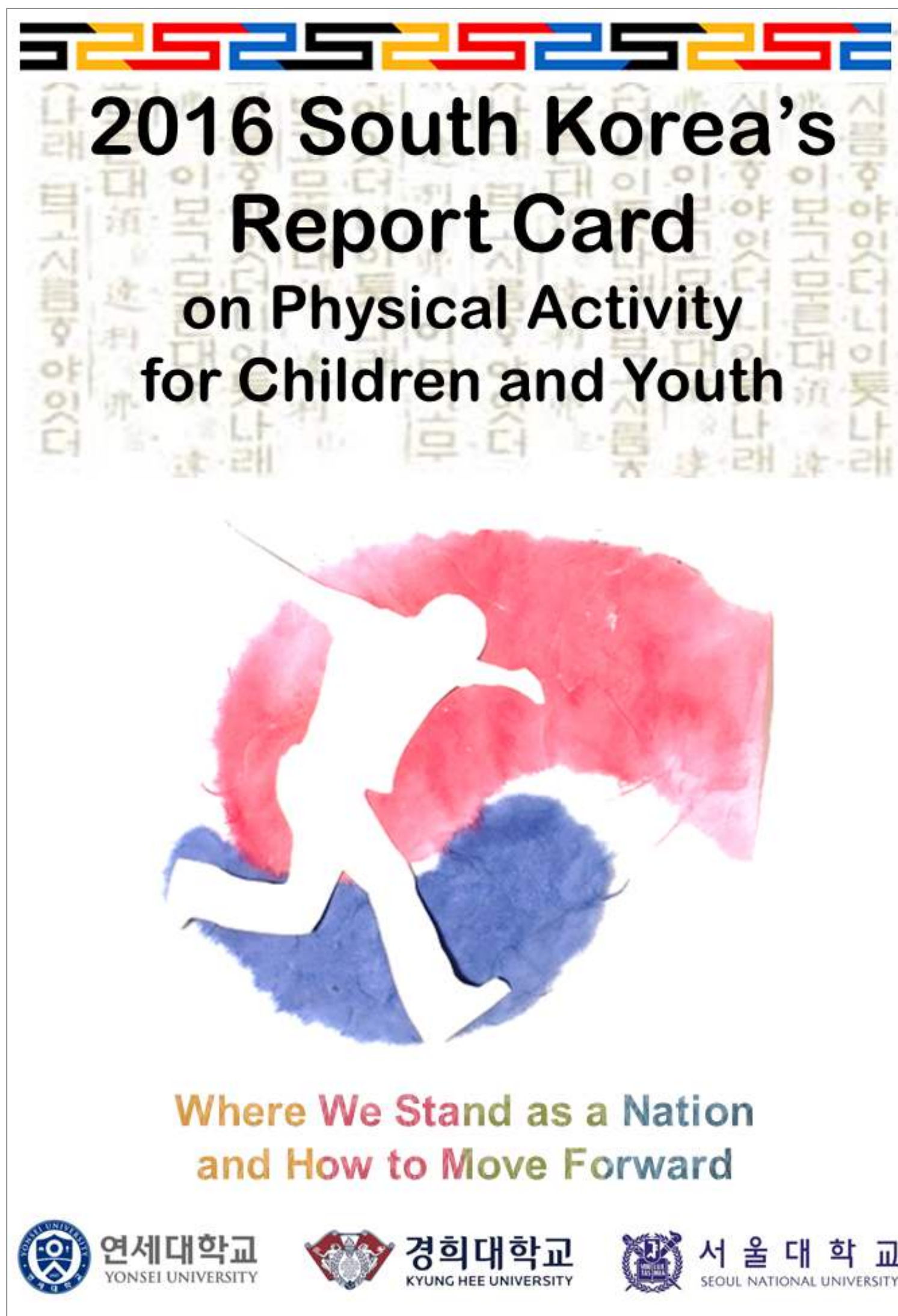




# SOUTH KOREA



## WHAT?

The **Report Card** is:

- 1) a synthesis of the most recently available published or unpublished data related to the physical activity of children and youth,
- 2) a global effort to advance knowledge about how individual countries are being responsible in providing physical activity opportunities for children and youth; and
- 3) an advocacy tool for issue stakeholders who affect physical activity opportunities for children and youth.

## WHEN?

The Active Healthy Kids Global Alliance was established in 2014, following the success of the world's first Global Summit on the Physical Activity of Children in Toronto.

The 2016 Global Matrix 2.0, which includes 38 participating countries, will launch at the International Congress on Physical Activity and Public Health in Bangkok, Thailand on November 16th, 2016.

## WHO?

The Active Healthy Kids Global Alliance is a network of researchers, health professionals and stakeholders who are working together to advance physical activity in children and youth from around the world.

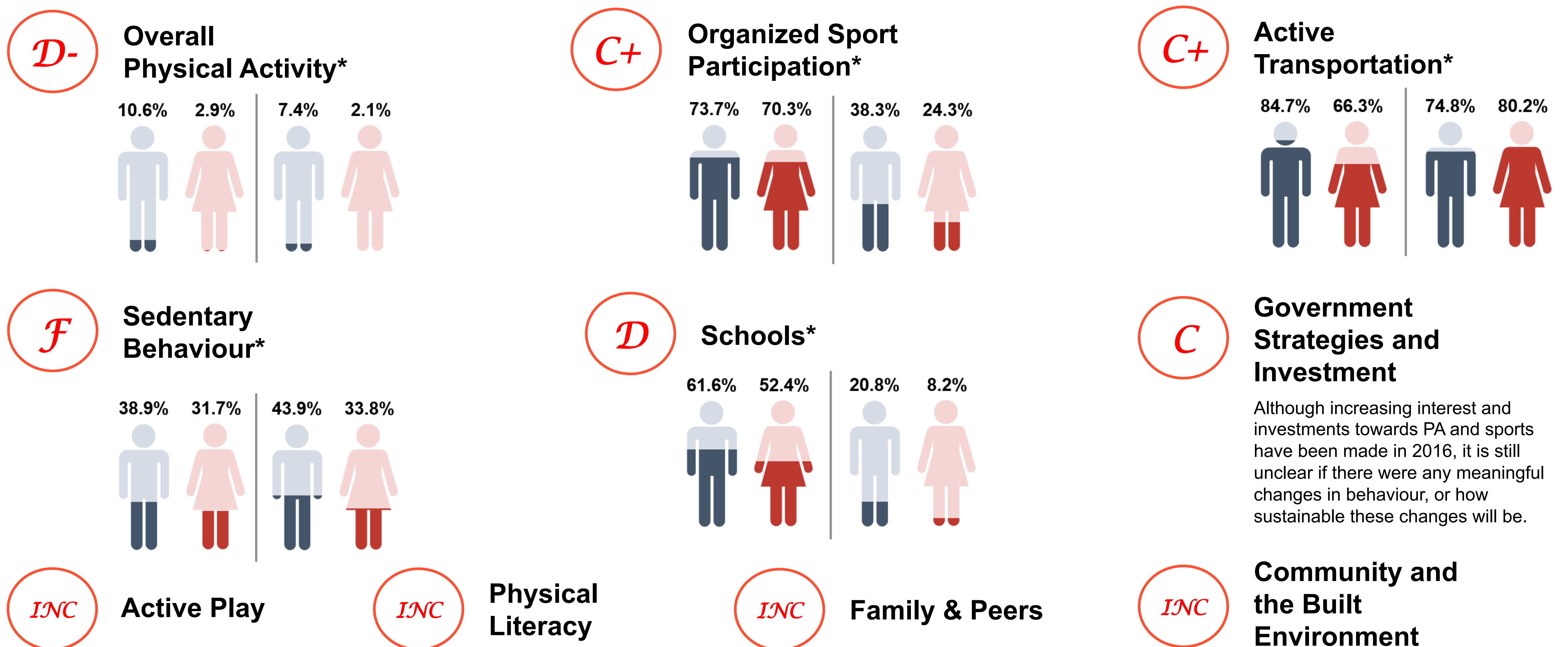
## WHY?

The 2016 South Korea's Report Card is an evidence-based resource that provides a comprehensive evaluation of physical activity and sedentary behaviour in children and youth in South Korea.

The 2016 South Korea's Report Card will be used as an authoritative education and advocacy tool.

The Report Card communicates up to date statistics, identifies gaps in research and can be compared with other countries. It can also be used to promote physical activity, revise guidelines, monitor progress, and to make propositions.

## SUMMARY OF THE GRADES ASSIGNED TO EACH INDICATOR



\*Far left: Middle school boys; second left: Middle school girls; second right: High school boys; far right: High school girls.

## KEY FINDINGS

- Most South Korean children and youth are not sufficiently physically active.
- Age and gender differences in PA is apparent.
- Though the majority of institutes have infrastructure to support PA participation, they are not being fully used.
- Schools and Physical Education (PE) educators are not adequately equipping students with the physical skills, knowledge and view of PA that is necessary to develop and maintain a physically active lifestyle.

## IMPLICATIONS AND FUTURE RECOMMENDATIONS

- PE curriculum and pedagogy should be reformed with a particular focus on developing physical literacy.
- Though national level efforts to promote PA among school-aged youth have been made in recent years, prioritizing PE, delivering school-based organized sport, promoting active recess/lunch time, and breaking prolonged sedentary time in between classes should be further strengthened.
- Programs/interventions to promote PA should be tailored by gender.
- Parents/caregivers of children in the early years are recommended to encourage young children to participate in more spontaneous and non-structured active play throughout the day.
- Evidence-based, age-appropriate and culturally safe sedentary behavior guidelines with effective implementation strategies should be developed.



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