

A Step Towards Becoming an In-Demand Human Resource
ISCO-OP at Korea New Sports Association

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1. Purpose and Objectives of Internship

- Obtain practical experience at Korea New Sports Association
- Participate in events and workshops related to new sports organized by the Association and gain first-hand experience with the role and contributions of the Association
- Gain an understanding of the place of new sports in South Korea

2. Contents of Internship

I was able to obtain first-hand experience with most of the work in which the Korea New Sports Association is involved. Because the Association is engaged in many exchange programs with Japan, my main duties while I was there were translation and interpreting. In particular, during my internship I performed translation work for Korea-Japan academic seminars and workshops on physical education for children organized by the Association as well as documents related to Korea-Japan exchange programs. I also served as a staff member at several of the new sports workshops and events that the Association holds every year as well as at a sports camp for children.

3. Period of Internship: June 27-August 3, 2008

4. Overview of Facilities and Business

(1) Date of establishment: Established in January 2006 as Korea New Sports Association

(2) Purpose: To contribute to healthy national education and societal development through new sports, thereby spreading and promoting physical education at schools and to develop and popularize new sports for all citizens from the young to the elderly in order to spread and

promote lifestyle-focused physical education and contribute to the healthy development of the nation's citizens and international goodwill.

(3) Main business engagements:

- Instructor training (new sports instructors, "silver sports" instructors, faculty training)
- Events (National New Sports Competition)
- Social activities (new sports instruction for small children, youth, the elderly and the disabled)
- International exchange (exchanges with new sports-related organizations in other countries such as the United States, Japan and China)
- Research (research related to new sports and development of new sports programs and equipment)
- Publishing (new sports instructional books, video productions)

5. Impression of the Association

I am currently studying new sports in South Korea and Japan, and my thesis is centered around the fun involved in new sports. For that reason, I have participated as a staff member in various programs related to new sports carried out as events at the Interdisciplinary Research Center for Lifelong Sports and Physical Activities here at the Institute and work as a teaching assistant in the Lifelong Sports & Games course, which focuses on new sports. I would like to get practical field experience and learn about the theoretical aspects of new sports through various resources to further my studies. This internship was exactly what I was looking for, so it was a beneficial experience from which I learned a great deal. My internship at the Korea New Sports Association was a very valuable opportunity to learn about the current state of new sports in South Korea.

1) Office work at the Korea New Sports Association

(1) Contents

The Korea New Sports Association was established in 2006 by Sang-Ok Seo, who introduced the word "new sports" to South Korea, and teachers who understood the merits of new sports and wished to spread the concept throughout the country. Since its establishment, it has produced materials related to new sports and organized various events and workshops to promote new sports in South Korea.

When I went for my internship, they were editing sports manuals compiled by the National

Council of Sport for All (NACOSA) in Korea, so I was put in charge of sending e-mails and faxes to the organizations representing the various events to request their cooperation in the collection of materials. While engaging in those responsibilities, I was able to learn about the workings and ways of various sports federations and sports-related organizations in South Korea, so it was a precious opportunity for me to learn about the sports world in South Korea.

Moreover, the Korea New Sports Association is also heavily engaged in research activities, so they often require vast amounts of materials. While I was there, I was tasked with looking up the locations and faculty in charge of the physical education departments of universities all over South Korea. Unfortunately, this had to be done during a short period of time in parallel with other work, so I was not able to complete the work during my time there.

The Korea New Sports Association has developed strong relationships with sports clubs and organizations in the United States, Japan and China and organizes international goodwill competitions and sports camps for children. Therefore, they have a lot of contact with people from other countries. The exchanges with Japan are particularly active, so during my internship I did a lot of translations from Japanese to Korean and from Korean to Japanese.

(2) Self-assessment

The activities of the Korea New Sports Association are truly diverse and widespread, covering everything from introducing new sports to developing and providing equipment and even research activities. The scope of their work was beyond what I had imagined, and their efforts at introducing and spreading the new concept of new sports were even broader than I had thought. I learned that the work requires seeing beyond the present. I had been involved in various projects and studies at school, so I did not have any big problems with collecting and processing the data, but as I participated in deskwork at the office and work out in the field, I became painfully aware of the time constraints involved in completing the tasks I had been assigned one at a time.

As I stated earlier, I was unable to complete the task of collecting data related to the physical education departments at South Korean universities. Even now, that is the biggest regret that I have. However, I got used to the friendly atmosphere in the office and was able to form relationships with the staff. I was also able to give Japanese lessons during the

lunch breaks, which I think will be useful in work that involves frequent use of the Japanese language. It was also great to work with the other staff and help each other out. I think those things were collectively an excellent experience that helped me learn communication skills, which is the most important thing for maintaining relationships with others as a member of society.

2) Work in the field such as workshops and camps held by the Korea New Sports Association

(1) Contents

The Korea New Sports Association provides general oversight for various new sports that have been introduced in South Korea and works to introduce the concept to citizens and schools in accordance with the particular circumstances and conditions in South Korea. They are particularly active in working with teachers who have determined that new sports are appropriate for use in physical education classes to help them incorporate them into the programs at their schools and popularize them. For that reason, the Association travels around the country every year and holds new sports workshops for school teachers. The efforts of the Association and the high potential for new sports in physical education at schools have been recognized, and the Association was designated as an official new sports professional training institution by the Seoul Metropolitan Office of Education this year.

During my internship, I was able to participate in a new sports professional training workshop. I got to hear from instructors from all around the country who had gathered to learn various new sports, so it was a very valuable opportunity for me. I participated in the



T-ball workshop and new sports experiential events as a staff member and worked with participants as an assistant instructor. Additionally, at the Korea-Japan Children's Physical Education Academic Seminar and program workshop I somewhat nervously engaged in my first attempt at simultaneous interpreting.

(2) Self-assessment

I am currently working as a teaching assistant for the Lifelong Sports & Games course at the National Institute of Fitness and Sports in Kanoya, which focuses on new sports, so I had already acquired a certain level of theoretical and practical knowledge related to new sports. I had also participated in several related events at the Institute and gained experience

related to game and recreational instruction, but I had not had many opportunities to test my skills at places other than the Institute.

However, the internship got me away from the Institute, which was my comfort zone, and provided me with opportunities to stand up in front of people as a professional and as a member of society. That is a rare experience, I think. At first I was nervous and was not confident that I could do a good job as an instructor, but as I stood up front and moved through the program I became more confident, and before I knew it I was almost looking forward to the butterflies.



The Korea New Sports Association also has a Children's Physical Education Department that holds Korea-Japan primary school seminars and workshops on physical education for children through exchanges with teachers and sports clubs in Japan that are well-known in the field. In doing so, they stay at the forefront of developing physical education for children in South Korea.

In fact, my first job during the internship was related to physical education for children. My duty was to provide simultaneous interpretation when the teachers from Japan introduced their physical education programs. It was a major challenge right off the bat, since I had no previous experience with either simultaneous interpreting or physical education for children. At first I was a little disconcerted, but I recalled the lessons I had learned about being proactive, and that gave me confidence and the determination to not just interpret but engage in the teaching aspect as well. After it was over, the teachers came up to me and told me they were worried at first about how they were going to communicate and how happy they were to have a good interpreter there. That gave me a real sense of accomplishment.

6. Overall Self-assessment and Analysis

My participation was somewhat of a special case since I was performing an international sporting co-op in my home country as part of the collaboration between the Institute and Korean sports organizations. For that reason, I did not have to face the language problem which is what usually makes people feel the most uneasiness. However, I currently live in Japan, so there were many things about the situation of sports in South Korea with which I was unfamiliar, and I did not have a large number of acquaintances in the field. Nevertheless, I wanted to keep up with the sports world in South Korea through this ISCO-OP. I was able to learn about the current situation of sports in South Korea thanks to the ISCO-OP, and I think it has extended the scope of my activities.

Moreover, the host organization was in my field of interest, and it was precisely where I wanted to go, so every day was a precious experience for me, and I am very happy that I was able to experience so many different activities and have such a good time at it. Although the internship only lasted a month, the people at the Association provided me with many opportunities and made it an action-packed and productive one for me.

Personally, I wanted to test the knowledge and skills I acquired at university, so I was able to be proactive in my work. However, the internship ended before I could complete some of the tasks, so there are still some things I want to finish someday. I think the duration of the internship was simply too short.

In my case, it was an international co-op program in my home country, but since it is an “International SCO-OP” I think in some cases interns may be placed in situations where they have difficulty communicating with others. In those cases, I think it would take some time for them to get used to the environment and get a grasp of their responsibilities. Therefore, if possible, I think the internships should be made a little longer. Also, since I was tasked with multiple jobs simultaneously during such a short period of time there was the problem of trying to skillfully manage my time, so it provided me with the opportunity to reflect on my planning skills related to the effective use of time.

7. The Kind of SCO-OP Interns Companies and Administrative Agencies Require

The five-week ISCO-OP in which I participated at the Korea New Sports Association gave me

the strength to take my first step as a future member of society, but it also presented me with several challenges. I think it was good that I was able to discover that the things I learned at university were actually effective skills that could be used not only within the school walls but also in the real world.

However, it was difficult to come up with plans for effective use of my time. I learned that that was one of my personal weak points. Since I can speak both languages, I want to learn about the culture of both countries and become someone who can engage in work on an even wider stage someday. Additionally, I really felt like there is a demand for people who can not only aggressively market themselves but also speak plainly and clearly about things. In other words, marketing oneself is a basic skill that everyone needs, but I think passion for one's job, communication skills to facilitate smooth interpersonal relations and efficient work, time management skills, a positive attitude and a smile are also important.

I also think it is important to take an interest in oneself and find out what it is that one wants to do, what one is most suited for, and where one's interests lie as well as to get a good grasp of one's own strengths and weaknesses. I believe that if the participant does this and knows himself or herself well, it will help in selecting the right host organization and will ensure that he or she is given more suitable tasks at the host organization.

8. Overall Impression of the SCO-OP Internship Program

ISCO-OP internships include a certain level of assistance with living expenses, so they ensure a more stable lifestyle than if one were to try to go on his or her own. Also, because they involve partnerships between the university and overseas companies or organizations based on formal procedures, one can engage in the internship with peace of mind. However, there is also a possibility that once the internship starts it could be difficult to get used to the totally different social atmosphere, including the language barrier, and that the intern may give up. For that reason, I think it would be good to have those wishing to participate in the ISCO-OP program take a simple, six-month business English course beforehand and allow only those who pass it to do the internships.

I am very glad that I was able to do an internship at the Korea New Sports Association, which was my first choice. By testing my skills I was able to get a clear grasp of my strengths and weaknesses. I hope to build on my strengths and work hard to change my weaknesses into strengths one step at a time.

Lastly, I would like to thank everyone at the Korea New Sports Association for taking me in as one of their own.