

What Does An Effective Institute Look Like?

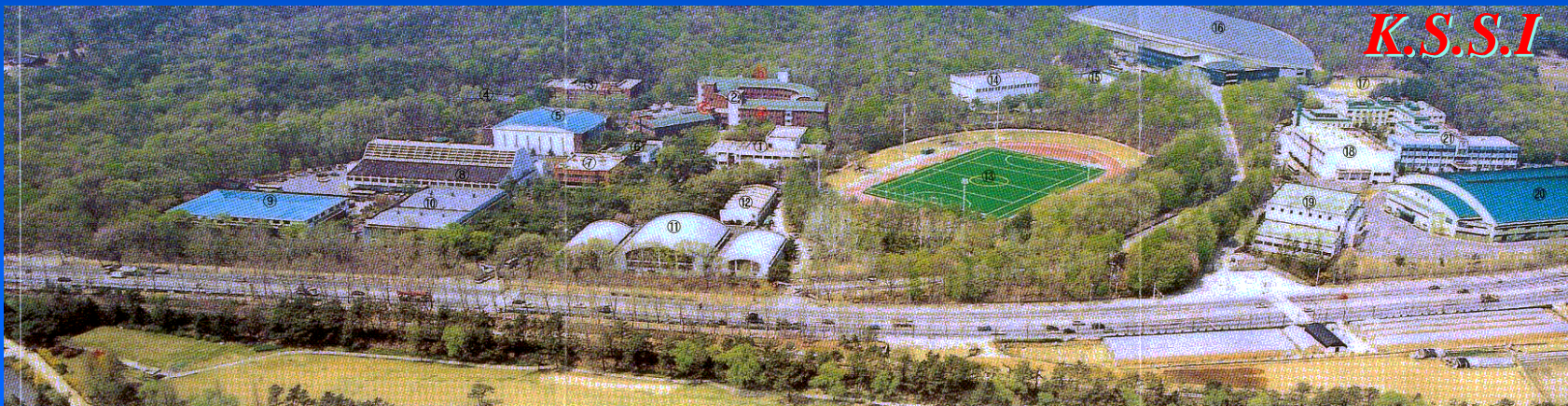


Korea Sport Science Institute
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Introduction

The achievement from elite sports

- Showing national dignity to the world
- Promoting the people's morale
- Enhancing the community & national integration
- Promotion of sport for all in national level
- Getting positive outcomes in the country's international political & economic status





Introduction

Starting gloomy future

- 10th rank of ('84, '88, '92, '96) Olympic games
- Except 2000 Sydney Olympic game

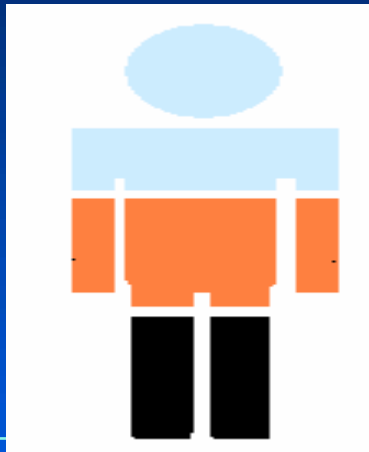
Reasons

- **IMF economy crisis** had a negative effect on
 - Sport investment and governmental support
 - Elite sport system : ↓ # registered athletes & team
 - Budget cut : from the public & private sectors
- **A constitutional change of KSSI**
 - reduced the field support by Expansion of KSSI' roles



A Structural Change of KSSSI

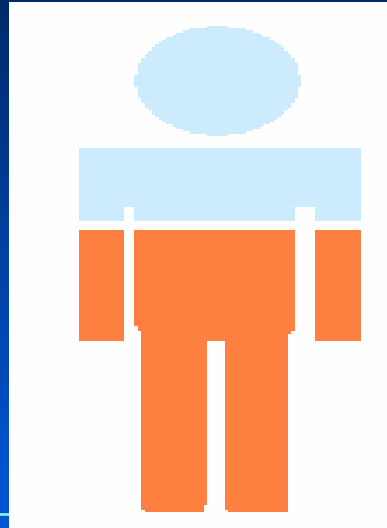
Researchers: 11~18



1 Step : 1980~1987

Ex. Physiology Lab.
Biomechanics Lab.
Ex. Psychology Lab.

Researchers: 17~27

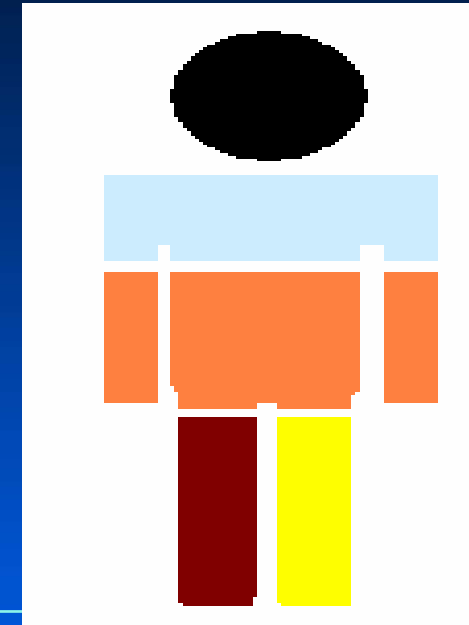


2 Step : 1988~1998

1st Research Division : 9~15
- Ex. Physio Lab
- Biomecha Lab
- Ex. Psycho Lab.

2nd Research Division : 8~12
- Ex Prescription Lab.
- Measure. & Evalu. Lab.
- Computer Lab.

Researchers: 15



3 Step : 1999~Present

- Sports Science Division : 15
 - Policy Develop. Div : 12
 - Sports Industry Div. : 5
 - Info & Comp Sci Div : 1
 - Education Div : 1
- Total : 33**



Change of the Field Support System of KSSSI

Researchers: 11~18

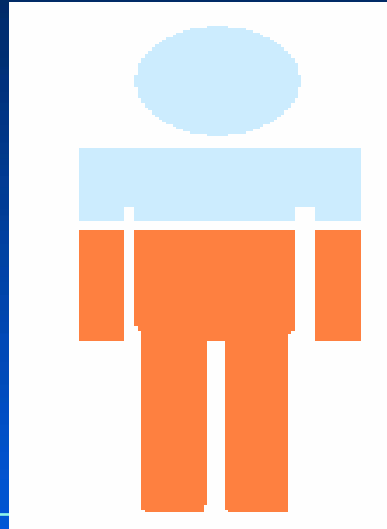


1 Step : 1980~1987

Individual Support System

- 1 researcher : 2 ~4 events

Researchers: 17~27

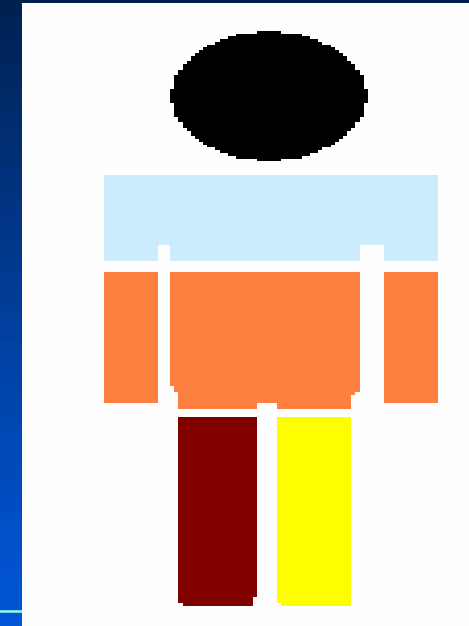


2 Step : 1988~1998

Team Support System

- A ball game S. T.
- A match game S. T.
- A record game S. T.
- Categorized

Researchers: 15



3 Step : 1999~Present

Team Support System

- Main Event : 11 events
- Policy Event : 12 events
 - consisting of experts related major field of stu.
- For the efficiency of investment



Change of the Field Support System of KSSI

For the efficiency of investment

- **Main Events** : total 12 events
 - A record game (5 events) : Archery, Shooting, Fencing, Weightlifting, & Gymnastics
 - A ball game (4 events) : Table tennis, Handball, Hockey & Badminton
 - A match game (3 events) : Taekwondo, Wrestling & Judo
- **Policy Events** : total 12 events
 - Long distance running, Swimming, Diving & winter sports : short track, speed skating, ski jump etc.,





Roles of KSSSI : depending on each Division

Sports Science Division : Research, Support & Education

- **Research (national research institute)**
- **Education**
- **Performance planning & analysis**
 - A basic & specific fitness measurement,
 - Results from various competitions (OG, AG, WC)
- **Sports talent identification**
- **Application of scientific training**
 - Conference group : 7 (KSSSI) + 5(NTC) = mediates a conflict generated bw coaches & researchers. Meets once a month
 - Workshop : held biannually for improving & sharing of sport science knowledge across sports.
 - Works for spreading theories of sports science
 - A class of sports science : coaching skill. 1/month
 - A presentation of the field case : S & F case. 1-2/yr
 - Publication of a training guide book & magazine



Roles of KSSSI : depending on each Division

Policy Development Division : Research

- Analyzing, evaluating, & developing new policies
- Developing a 21st century model & implementation strategies for Korean sport development
- Research on policies to foster & support the sport industry

Sport Industry Division : Research

- Developing profitable sporting goods
- Developing systems which lead to a more scientific approach to sports activity



Roles of KSSSI : depending on each Division

Information & Computer Science Division

- Developing a sport information network & application system
- Operating an internet cyber fitness evaluation & management system
- The management of measurement data
- Development of diagnostic system

Education Division

- Producing coaches & instructors at various levels
 - Education for the 1st & 2nd level advanced coaching leader
 - 418 1st class coaches : Professional level (1990, 590hr/7mon)
 - 12,000 2nd class coaches : Semi-professional level
 - Education for the 1st, 2nd, 3rd level advanced instructor



Evaluating Effectiveness of KSSI

Sports Science Division : Research, Support & Education

- **Research :**
 - **Research outputs : quantitative & qualitative evaluation**
 - 5 grades of qualitative score: a(1), b(0.9), c(0.7), d(0.6) & e(0.4)
 - 100 point (1project) \times c(0.7) = 70 point
- **Support :**
 - **Medals in competitions (OG, AG & WC)**
 - **level of fitness & record development during off-season**
 - **level of coaches' satisfaction on the field support**
- **Education :**
 - **survey of satisfactory level**





Evaluating Effectiveness of KSSI

Policy Development Division : Research

- **Research :**
 - **Research outputs : quantitative & qualitative evaluation**

Sport Industry Division : Research

- **Research :**
 - **Research outputs : quantitative & qualitative evaluation**

Information & Computer Science Division

- **Research :**
 - **Research outputs : quantitative & qualitative evaluation**



Evaluating Effectiveness of KSSI

Education Division

- **Education :**
 - The number of enrolled coaches & instructors
 - Survey of satisfactory level on the Education by coaches & instructors





Challenges of KSSI for the Effectiveness

Reinforcing the sport scientific support

- **Background** : KSSI has taken lots of mission : support of sports science has been shrunken & overlooked
- **The future investment & concern should be centered around**
 - **Recruitment of researchers**
 - **Expansion of experiment equipment**
 - **Increased research projects in the field of various areas**

Selecting & Progressing the intensive investment sports

- **Background** : for the efficiency of investment
 - **Categorize sports by international competence**



Challenges of KSSI for the Effectiveness

Rationalizing the training of elite athletes & coaches

- **Background** : elite athletes have been trained in the OTC for a long period. During the period, their personal life was sacrificed & educational opportunities were limited because they stayed in the OTC dorms for that time.
- The new training systems refer to a mid-term intensive method & the summer/winter intensive training that takes place during the school breaks.

Strengthening the welfare systems for athletes & coaches

- To increase athletes' & coaches' motivation for their athletics
- To devote themselves to their sports without concerning their possible unluckiness
 - pension increases
 - athletes' injury insurance
 - athletic scholarship for student-athletes
 - tuition support for continuing education



Challenges of KSSI for the Effectiveness

Reinforcing sport diplomacy

- **Background** : the successful outcomes in the big games depend on athletes' effort with their organizational support on of which is a matter of diplomatic activities
- The quality exchange programs between competent countries & the hosting of important international competitions help athletes do their best in the advantageous situations

Establishing a cooperation system with institutes of sports science existed in universities

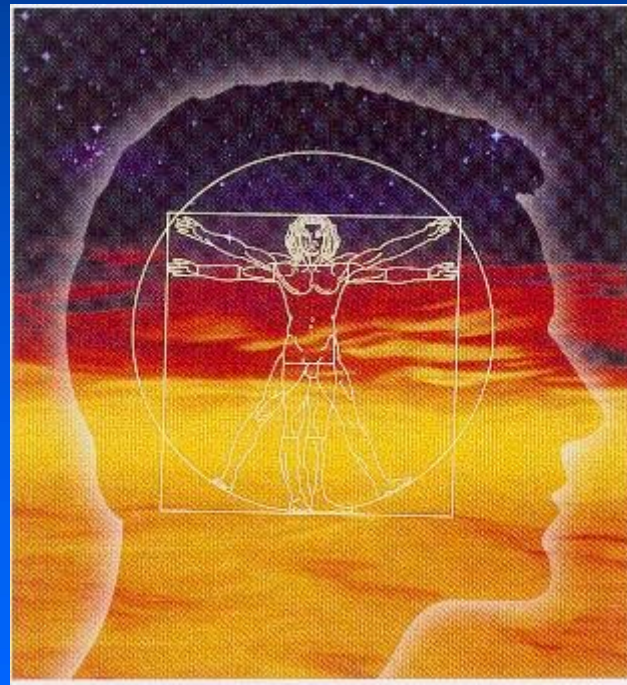
- **Background** : insufficient manpower & well-equipped scientific support institutions



Challenges of KSSI for the Effectiveness

Developing appropriate measures for KSSI effectiveness

- Value evaluation program
 - Investment Vs output



Thank you for listening!!





The Primary Factors of Institute Success

Factors

- **Financial Support**
- **Autonomy & independency of Institute from other organization**
- **Environment for focusing on a research**
 - time & salary
- **Authority of researchers on the athlete training**
- **A chance of national team evaluation**
- **Relationship between coaching staffs & researchers**
 - Establishing a system for promoting the relationship

Measures

- **The ratio of occupation's change :**
 - from institute to college or other organization
- **The ratio of an excellent applicants for entrance to the institute**



Questions

Is medal success the only thing of importance?

- Improvement of athletes' record
- Athletes' health : ratio or number of athletes' injury
 - by logical training method
- Education of athletes & coaches : producing specialists

How to measure the effectiveness of support provided?

- The change of athletes' & coaches' requirement & attitude
 - positive attitude to support provided
- The evaluation of coaches

How to know what is being provided is making a performance difference?

- Video, motion analysis : starting posture (short-track) - limited
- Level of Improvement of athletes' performance
 - Based on a basic & specific fitness measurement



Example

Support Team (a match game)

Event	Researcher	Support Team
Taekwondo	Kim, YS	Youn, JR (Training)
Wrestling	Youn, JR	Kim, Y (Ex. Nutrition)
Judo	Kim, Y	Kim, YS (Ex. Psychology) Bak, JH (Biomechanics) Park, DH (Ex. Physiology)