

YONGCHUL CHUNG, Ph.D.

Phone: 82- 10-9946-1642 (Cell), 82-02-705-4723 (Office); E-mail: yongchulchung@gmail.com



Dr. Yongchul Chung is a Korean sport psychology scholar and professor in the Graduate School of Education at Sogang University. Dr. Chung earned his Ph.D. in sport and exercise psychology at the University of North Carolina Greensboro, and also received a post-baccalaureate certificate in Women's Studies from the same institution. Dr. Chung started his career at North Carolina A&T State University and developed and implemented several positive youth development programs using sport as a vehicle. Dr. Chung has been involved with a number of large grant projects funded by organizations such as the U.S. Air Force, U.S. Olympic Committee, U.S.

Department of Education, National Football League/National Football Foundation, National Human Rights Commission of Korea, and KOICA during his career. Dr. Chung provides consulting services to athletes from various sports (e.g., golf, archery, speed skating, basketball, soccer, baseball, curling, free style ski, and ice hockey to name a few) and is broadening his consulting services to other exceptional performers. He also regularly provides workshops and seminars on leadership, team building, and goal setting to local, national, and international audiences. A former competitive swimmer, Dr. Chung enjoys hiking with his third son, Jiho on Sundays.

Education

University of North Carolina Greensboro	Sport and Exercise Psychology	Ph.D., 2003
University of North Carolina Greensboro	Women's Studies	Post-Bac., 2002
University of North Carolina Greensboro	Sport and Exercise Psychology	M.S., 1999
Seoul National University	Physical Education	B.S., 1994

Professional Appointments

Sogang University	Associate Professor/Professor	2010-present
North Carolina A&T State University	Assistant/Associate Professor	2002-2010

Selected Published Works

- Cho, J., Chung, Y., & Lee, U. (2019). Relationship between career barriers and level of career decision making among preparatory physical educators. *Asian Journal of Physical Education and Sport Science*, 7(2), 1-16.
- Jang, Y., & Chung, Y. (2017). A single case study of female amateur golfer's psychological skills training. *Korean Coaching Development Journal*, 19(3), 14-21.
- Chung, Y. (2017). Developing youth through sport: Strategies used by ten coaches. *International Journal of Applied Sports Sciences*, 29, 86-98.
- Jin, H., Chung, Y., & Park, J. (2017). Profile development for craving for exercise. *Korean Journal of Sport Science*, 26(2), 425-239.
- Chung, Y., Chung, Y., & Park, J. (2016). *When sports meet human rights*. Seoul, Korea: Nanok.
- Kim, S., Kang, H., Chung, Y., & Park, S. (2013). Empirical application of empathy enhancing program based on movement concept for married couples in conflict. *Journal of Exercise Rehabilitation*, 9, 426-431.

- Seo, N., & Chung, Y. (2012). The effect of physical perception on social physique anxiety and physical self-concept. *Journal of the Korea Data Analysis Society*, 14, 2290-3404.
- Chung, Y., & Gill, D. (2012). Finding Dorothy Harris: One Asian male feminist's search for the mother of sport psychology. *International Journal of Human Movement Science*, 6, 23-34.
- Lauer, L., & Chung, Y. (2010). Player commitment & self-regulation. In D. Gould (Ed.). *Mental Skills and Drills in Tennis*. United States Tennis Association. Key Biscayne, Florida.
- Chung, Y., Lauer, L. (2010). Independence & responsibility. In D. Gould (Ed.). *Mental Skills and Drills in Tennis*. United States Tennis Association. Key Biscayne, Florida.
- Chung, Y., & Ryu, M. (2009). Developing Scenario for life skills enhancement using screen golf. *Korean Journal of Sport Psychology*, 20(4), 1-15.
- Collins, C., Gould, D., Lauer, L., & Chung, Y. (2009). Coaching life skills through football: Philosophical beliefs of outstanding high school football coaches. *International Journal of Coaching Science* 3(1), 1-8.
- Gould, D., Collins, C., Lauer, L., & Chung, Y. (2007). Coaching life skills through football: A study of award winning high school coaches. *Journal of Applied Sport Psychology*, 19, 16-37.
- Gould, D., Chung, Y., Smith, P., & White, J. (2006). Future directions in coaching life skills: High school coaches views and needs. *Athletic Insight – The Online Journal of Sport Psychology*, Retrieved October 2, 2006, from <http://www.athleticinsight.com/vol8iss3/coachinglifeskills.htm>
- Gould, D., Collins, C., Lauer, L., & Chung, Y. (2006). Coaching life skills: A working model. *Sport & Exercise Psychology Review* 2, 10-18.
- Gould, D., & Chung, Y. (2004). Self-regulation skills for young, middle, and older adulthood. In M. Weiss (Ed.). *Developmental Sport and Exercise Psychology: A Lifespan Perspective*. Fitness Information Technology. pp383-402.
- Chung, Y. (2003). *Teaching life skills to high school football players: Strategies identified by the PLAY IT SMART academic coaches*. Final Research Report submitted to the NFF Center for Positive Youth Development through Sport. Springfield, Massachusetts.
- Gould, D., Greenleaf, C.A., Chung, Y., & Guinan, D. (2002). A survey of U.S. Atlanta and Nagano Olympians: Factors influencing performance. *Research Quarterly for Exercise and Sport*, 73, 175-186.
- Gould, D., Greenleaf, C.A., Guinan, D., & Chung, Y. (2002). A survey of U.S. Olympic coaches: Factors influencing athlete performances and coach effectiveness. *The Sport Psychologist*, 16, 229-250.
- Gould, D., Collins, K., Lauer, L., & Chung, Y. (2002). *Examining strategies outstanding high school football coaches use to develop life skills and character in their players*. National Football League Charities Final Grant Report.
- Gould, D., Taylor, M., K., Chung, Y., Rolo, C., Pennisi, N.S., & Carson, B.A. (2002). *2000 Sydney Olympic Games: U.S. athlete and coach performance lessons learned assessment*. U.S. Olympic Committee Sport Science and Technology Final Grant Report. Colorado Springs, Colorado.
- Chung, Y., Nakamoto, A., & Gould, D. (2002). Coach as a mentor. In Gould, D. (Ed.), *The Coaches Playbook*, The National Football Foundation and College Hall of Fame, Inc. Morristown, NJ.
- Gould, D., Medbery, R., Collins, K., & Chung, Y. (2001). Life skills development. In Gould, D. (Ed.), *The Coaches Playbook*, The National Football Foundation and College Hall of Fame, Inc. Morristown, NJ.
- Gould, D., Dieffenbach, K., Chung, Y., Lauer, L., Medbery, R., & Damarjian, N. (2001). *The USTA mental toughness skills & drills*. U.S. Tennis Association Final Grant Report. Key Biscayne, Florida.
- Gould, D., Greenleaf, C., Dieffenbach, K., Chung, Y., & Peterson, K., (1999). *Positive and negative factors influencing U.S. Olympic athletes and coaches: Nagano Games assessment*. U.S. Olympic Committee Sport Science and Technology Final Grant Report. Colorado Springs, Colorado.

Selected Presentations

- Chung, Y. (2023, October). Socially responsible sport psychology: A case of Ho-Ho Gymnasium. 61st KAPHERD Congress, Mokpo, Korea.
- Chung, Y. (2023, February). *Educating coaches to excel in Timor-Leste*. 34th International Sport Science Congress in Commemoration for the 1988 Seoul Olympic Games, Suwon, Korea.
- Chung, Y. (2022, August). *Educating coaches to excel in Timor-Leste*. 34th International Sport Science Congress in Commemoration for the 1988 Seoul Olympic Games, Suwon, Korea.
- Chung, Y. (2022, August). *Reflecting 6 years of consulting journey in Korea*. 9th Asian South Pacific Association of Sport Psychology International Congress, Kuching, Malaysia.
- Chung, Y. (2022, June). *Life skills learned from soccer*. 2022 Korean Soccer Science Conference, Seoul, Korea.
- Chung, Y. (2020, October). *Invisible Cities: Memories, Desire, and Future of Sport Sciences* Keynote Presentation made at the 58th KAPHERD Congress, Seoul, Korea.
- Shapiro, J., Chung, Y., Dun, K., Heiss, C., Mitchell, S. (2018, October). *Sport Psychology Services at the Paralympic Games in PyeongChang, South Korea*. 33rd Annual Conference AASP, Toronto, Canada.
- Chung, Y. (2018, June). *Sport Psychology Service Delivery with Korean Para Ice Hockey Team for Pyeong Chang 2018 Paralympic: Pre, During, and Post Paralympic Experiences*. 8th Asian South Pacific Association of Sport Psychology World Congress, Daejeon, Korea..
- Chung, Y., Hong, S., Park, S., Kim, K., & Kim, H. (2017, July). *Lessons Learned from 2016 Rio Paralympic Games with National Wheelchair Archery Team*. International Society of Sport Psychology World Congress, Sevilla, Spain.
- Chung, Y. (2017, June). *A "Cool Pose" for Sport Psychology Consultants: Reflections of the Attitudes of Minority Athletes toward Sport Psychology Consultation*. 2nd 1988 Olympic Commemoration International Sport Science Conference, Chonan, Korea.
- Chung, Y. (2016, May). *Soaring with a Mental Coach*. 2nd Malaysian Sports Psychology Conference, Kuching, Malaysia..
- Chung, Y. (2015, November). *Remembering for the future, solidarity, and resistance*. NJSF 50th Anniversary International Symposium, Tokyo, Japan.
- Chung, Y. (2014, August). *Educating Coaches to become Mental Coaches: One Korean Approach*. Asian South Pacific Association for Sport Psychology Congress, Tokyo, Japan.
- Chung, Y., & Na, Y. (2013, October). *Slowly but surely: The way of civic movement for justice in sport*. 25th (Re)-discovering Sport in Korea Conference, Ann Arbor, MI.
- Chung, Y. (2013, August). *Lessons from the tennis court: Life skills learned through tennis experiences*. 25th International Sport Science Congress of KAPHERD, Suwon, Korea.
- Chung, Y. (2013, July). *Sports Mental Coaching: A New Name for Psychological Skills Training in Korea*. World Congress of Sport Psychology, Beijing, China.
- Chung, Y., & Park, S. (2013, June). *What do you want to be when you grow up? The relationships between emotion, dispositional hope, and career decision-making self-efficacy among Korean high schoolers*. 3rd World Congress on Positive Psychology, Los Angeles, CA.
- Chung, Y. (2012, August). *Beyond Athletic Excellence: Promoting Human Flourishing through Psychological and Life Skills Training*. 1st UNESCO Chair Studio Seminar, Seoul, Korea.
- Chung, Y. (2011, July). *So, they lived happily ever after? The marriage between sport psychology and positive psychology*. 2nd World Congress on Positive Psychology, Philadelphia, PA.
- Chung, Y. (2011, June). *Hope and Sport Psychology*. Invited lecture at Korean Society of Sport Psychology, Kyungju, Korea.

- Chung, Y. (2010, March). *Finding your voice and be the Arumdaun leader*. Southeast Korean School Teachers' Conference, Atlanta, GA.
- Chung, Y. (2009, September). *Leadership revisited: A sport psychology perspective*. Invited guest lecture made to the graduate seminar course. School of Engineering, North Carolina A&T State University, Greensboro, NC.
- Chung, Y. (2009, July). *Mission Do Dream. Leadership Development Program for Korean-American Youth*, National Association for Korean Schools Annual Convention, Orlando, FL.
- Chung, Y. (2009, June). *Effective parental practices for Korean American youth*. Northeast Korean School Teachers' Conference, Flushing, NY & Paramus, NJ.
- Chung, Y. (2009, April). *Authentic leadership for Korean American youth*. Michigan Korean School Teachers' Conference, Detroit, MI.
- Chung, Y. (2009, March). *Developing identity for Korean-American youth*. Invited panel discussion at Symposium sponsored by Young-Sang Presbyterian Church, Horsham, PA.
- Chung, Y. (2009, February). *Positive sport psychology toward human flourishing*. Invited presentation made at the Korean Society of Sport Psychology Winter Conference. Chung-Ju, Korea.
- Chung, Y. (2009, January). *Finding Dorothy Harris: One Asian male feminist's search for the mother of sport psychology*. Presentation made at the National Association of Kinesiology and Physical Education in Higher Education. Sarasota, FL.
- Poczwadowski, A., Lauer, L., Chung, Y., & Giges, B. (2008, September). *On student development: Self-reflection in presenting a workshop and conducting an interview*. Workshop presented at the Association for Applied Sport Psychology Conference, St. Louis, Missouri.
- Chung, Y. (2008, December). *Leadership training for "Mission Do Dream"*. Southwest Korean School Teachers' Conference, Houston, TX.
- Chung, Y. (2008, July). *Mission Do Dream. Leadership Development Program for Korean-American Youth*, National Association for Korean Schools Annual Convention, Boston, MA.
- Chung, Y., Springs, S., Avery-Epps, R., & Seong, Y. (2008, June). *Performance excellence among the first responders: An implication for sport psychology specialist*. Presentation made at North American Society for the Psychology of Sport & Physical Activity Annual Conference, Niagara Falls, ON, Canada.
- Chung, Y. (2007, February). *Applied sport psychology outside of the U.S.: The case of a Korean sport psychology team at Seoul National University*. Paper presented at the Regional Association for the Applied Sport Psychology Conference, Greensboro, NC.
- Chung, Y. (2006, September). *Four dragons in sport psychology: Present and future of Asian sport psychology*. Symposium presented at the Association for the Advancement of Applied Sport Psychology Conference, Miami, FL.
- Chung, Y. (2006, July). *Aged future: A journey to your personal excellence*. Invited presentation made at Jeju National University, Jeju, Korea.
- Chung, Y. (2006, March). *A journey to excellence*. Invited keynote speech at the National Honor Society in Psychology (*Psi Chi*) Spring 2006 Induction Ceremony, North Carolina A&T State University, Greensboro, NC.
- Chung, Y. (2005, October). *On becoming a leader: Vision, discipline, and passion*. Invited guest lecture made to the INEN 289 Engineering Team and Leadership. School of Engineering, North Carolina A&T State University, Greensboro, NC.
- Chung, Y. (2005, July). *Moving to be united: How to build a strong team with your students*. Invited Presentation made at SECME 2005 Conference, Greensboro, NC.
- Chung, Y. (2005, July). *Successful Team Achieves Results*. Invited guest lecture made to the Peer Program summer camp sponsored by School of Engineering, North Carolina A&T State University, Greensboro, NC.

- Chung, Y. (2005, July). *Dare to dream*. Invited personal development lecture made to the Army Research Summer Camp. School of Engineering, North Carolina A&T State University, Greensboro, NC.
- Chung, Y. (2005, April). *Team concept in sport*. Invited guest lecture made to the INEN 794 Master's Supervised Research course. School of Engineering, Greensboro, NC.
- Chung, Y. (2005, February). *How to become a winner in sport and life*. A guest lecture made to the student-athletes at North Carolina A&T State University, Center for Student Success, Greensboro, NC.
- Chung, Y. (2005, January). *Team-building for success*. Invited guest lecture made to External Advisory Board Meeting. School of Engineering, Greensboro, NC.
- Chung, Y. (2004, April). *Making a successful transition from student to professional – Tips from early career professors*. Research Consortium Colloquium panel session at the American Alliance for Health, Physical Education, Recreation, & Dance National Convention. New Orleans, LA.
- Chung, Y., Lauer, L. (2004, April). *Positive youth development strategies: Sport psychology perspectives*. Paper presented at the American Alliance for Health, Physical Education, Recreation, & Dance National Convention. New Orleans, LA.
- Chung, Y. (2003, October). *Teaching life skills to high school football players: Strategies identified by the PLAY IT SMART academic coaches*. Paper presented at the Association for the Advancement of Applied Sport Psychology Conference, Philadelphia, PA.
- Chung, Y. (2003, July). *Qualitative research methodology: Action in balance*. Invited presentation made at Seoul National University, Seoul, Korea.
- Chung, Y. (2003, June). *Developing youth through sport and physical activity: Three approaches in North America*. Paper presented at the 4th Asian South Pacific Association for Sport Psychology Conference, Seoul, South Korea.
- Collins, K., Lauer, L., Gould, D., & Chung, Y. (2003, April). *Analyzing qualitative data of award-winning high school football coaches*. Paper presented at the American Alliance for Health, Physical Education, Recreation, & Dance National Convention. Philadelphia, PA.
- Chung, Y. (2002, October). *High school coaches perceptions of their players' life skills issues and needs*. Paper presented at the Association for the Advancement of Applied Sport Psychology Conference, Tucson, AZ.
- Chung, Y. (2002, June). *Coaching philosophy*. NFL/NFF Coaching Academy Program presented at Tampa Bay Buccaneer Coaching Academy, Tampa, FL.
- Chung, Y. (2002, June). *Player coach communication*. NFL/NFF Coaching Academy Program presented at Tampa Bay Buccaneer Coaching Academy, Tampa, FL.
- Chung, Y., & Gould, D. (2001, May). *Identifying barriers to psychological skills training in the training room*. Paper presented at the 10th International Society of Sport Psychology Conference, Skiathos, Greece.
- Chung, Y., & Gould, D. (2000, October). *Psychological adjustment to athletic injuries: A test of cognitive appraisal model predictors*. Paper presented at the Association for the Advancement of Applied Sport Psychology Conference, Nashville, TN.
- Chung, Y., & Lauer, L. (1999, August). Survey of Factors Influencing 1998 U.S. Olympic Athlete Performance. In D. Gould (Chair), *Factors influencing U.S. athlete and coach performance in the 1998 Nagano Olympics*. Symposium conducted at the American Psychological Association Conference, Boston, MA.

Grants

- Chung, Y. (2020). *Sport & Human Rights Contents Development for Student-Athletes*. National Sport Promotion Committee (approximately \$20,000.00 funded)

- Chung, Y. (2020). Project Six Pack: Developing self-care program for 1-person household. Seoul Metropolitan Family Support Center (\$20,000.00 funded)
- Chung, Y. (2015). *Sport & Human Rights*. National Human Rights Commission of Korea (approximately \$28,000.00 funded)
- Choi, D., Chun, S., & Chung, Y. (2014). *STAR(Sport, Technology, Arts – Reunited) TREK*. Korean Institute for Sport Sciences (approximately \$250,000.00 funded)
- Chung, Y. (2012). *Developing Sport Mental Coaching Program*. Korean Sport Talent Foundation (approximately \$50,000.00 funded)
- Chung, Y. (2008). *Suspension Intervention Program - Project Bounce: Developing Resiliency & Responsibility Using Sport as a Metaphor*. US Department of Education (\$383,187.00 proposed – \$383,187.00 funded)
- Chung, Y., & Ryu, M. (2008). *Developing Life Skills using Screen Golf*. Korean Sport Psychology Research Institute. (approximately \$35,000.00 proposed – \$35,000.00 funded)
- Seong, Y., & Chung, Y. (2006). Training technology for improving the cognitive readiness of first responders: Katrina lessons learned. Air Force Research Academy Grant (\$ 88,644.00 proposed – Funded)
- Chung, Y. & Thomas, K. (2006). *A “cool pose” for sport psychology consultants: Understanding the attitudes of African American collegiate athletes toward sport psychology consultation*. AAASP Research Grant, Association for the Advancement of Applied Sport Psychology (\$4,000.00 proposed - \$1,400.00 Funded)
- Chung, Y., & Robbins, J. (2006). *Winning it all: An interdisciplinary approach to teaching life skills for the academic and athletic success of student-athletes*. FUTURES Ventures Grants, North Carolina A&T State University (\$14,410.00 proposed – Funded)