



Study Away in Exercise Science and Physical Education

Study abroad can help you

- Understand the field from an international perspective
- Prepare to work in an increasingly diverse and international workplace
- Work toward fluency in a second language
- Diversify your world view
- Expose yourself to new perspectives on international issues
- Advance your cross-cultural and problem-solving skills
- Gain confidence in yourself
- Enhance your interpersonal and communication skills

Study abroad will change your life and widen your career options. With today's increasingly interdependent world characterized by diversity and change, significant cross-cultural and foreign language experience is exactly what employers seek.

Can I afford to study abroad?

YES! A semester abroad is generally not more expensive than a semester of tuition,

room, and board on campus. With multiple sources of funding and programs of varying length, study abroad is financially possible for nearly all students.

Students may generally apply their college scholarships and financial aid to affiliated programs, many of which offer their own scholarships for study abroad. Through the CPE, Elmhurst also offers endowed scholarships for students with financial need.

Outside scholarship providers that students may pursue include:

- Phi Kappa Phi
- Boren/National Security Education Program
- Hispanic Scholarship Fund
- Gilman
- Midwest Regional Center IIE
- EC Affiliated Programs

Also be sure to contact the Elmhurst College Office of Financial Aid.

Contact

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[http://public.elmhurst.edu/
academics/study](http://public.elmhurst.edu/academics/study)

Academic Considerations

What are my next steps?

Get Started!

Attend one of the monthly study abroad information sessions during the academic year and go to the Study Away Fair. Then, call or stop by the Center for Professional Excellence, located in Circle Hall, to make an appointment with Dr. Lagerwey.

(630) 617-3604 or wallyl@elmhurst.edu

Investigate programs

Use catalogues found in the Center for Professional Excellence and look at the program sponsors' websites to find the program that's right for you or visit the study abroad area of the Elmhurst College webpage (see back page of brochure).

Talk to your adviser

Your adviser can help you figure out the best way to fit study abroad into your college career.

Set goals and plan for results

- Begin planning as soon as possible. Set some goals. The best study abroad option for you depends on what you want. Consider: Country/region/location, setting and environment (studying with local or international students, living with a host family), personal and professional goals, and importance of internships or service learning.
- Prepare academically. You may need to take language or other prerequisite courses for your chosen program.
- Research and talk to students who have studied abroad previously.

Sample Questions to Ask the Director of International Education

- I would like to fulfill General Education requirements while abroad. How do I know if my courses meet these requirements?
- Several programs offer courses in the country to which I would like to travel. Which program would you recommend for me based

on my language skills and academic and personal interests?

What to Bring to Your Academic Advising Meeting

- Copies of course descriptions or related information on the courses you are interested in taking while abroad
- Your advising handbook
- A tentative four-year plan (if applicable)

Sample Questions to Ask Your Adviser

- What major/minor requirements do I have left to complete?
- Do I meet the minimum 3.0 GPA required for Study Abroad?
- What general education requirements do I have left to complete?
- I have copies of course descriptions for courses I am considering taking while abroad. Do these courses meet any of my major or minor requirements or any requirements outside my major or minor?
- What do I need to do to follow up with you when I return from study abroad? What should I bring back with me (e.g., course syllabi)?
- Are there particular requirements you recommend I should/should not try to complete abroad?
- What should I do if I get abroad and can't take these classes? May I e-mail you for guidance in making alternative choices?

General Education Requirements

General Education requirements are great to take while abroad. UMAIE courses offer a wide variety of options for January Term. The Director of International Education can tell you what Gen Ed's, if any, courses fulfill. A few of the more common ones that study abroad students have taken abroad include: People Power and Politics, Global Society, Literature, Western Culture and Fine Arts.

Study Abroad Options

Short-Term Options

January Term

Students who wish to study abroad during January Term may choose between courses offered through the college and courses offered through the UMAIE consortium.

Elmhurst

Every year, several Elmhurst faculty members lead groups of students to a select number of locations for foreign language study, other academic electives, or service learning projects. Check with your department to find out more information.

UMAIE

UMAIE is a consortium of schools in the Midwest offering joint January Term abroad options. Check the UMAIE website every year for the updated list of courses, or ask for the list at the front desk of the Center for Professional Excellence. One course that has been offered in the past is: *The Culture of Physical Activity and Well-Being in Norway*. There are also courses available to Australia and New Zealand. *Australia: The Economy and its Social Context*, *E-Commerce in Australia: Legal Principles and Business Practices*, and *Sustainable New Zealand: Policy, Politics, and Ecology* are great courses to take for any major.

Summer

Elmhurst College and most of the Elmhurst-affiliated programs offer summer options, so you can get away without missing a beat in your regular school-year studies and activities.

Semester- or Year-long Options

Elmhurst is affiliated with a variety of sponsor programs and four partner institutions.

Note: In addition to program costs, all students on long-term programs will be billed the \$600 international fee during the term they are abroad. See website

for more details.

ISEP

ISEP is an exchange program, which means that students pay regular tuition directly to Elmhurst and attend classes in a host university alongside native students.

IFSA-Butler

IFSA-Butler is a study abroad program that allows you to enroll in one or more universities. IFSA-Butler has a strong orientation program and will organize some social activities and trips where you will be with other international students.

IES

With IES, students take courses at an IES center in the host country. The courses are taught by local faculty, but you will be with other international students. With director approval, you may be able to take one or two courses at a local university. IES offers **internship** opportunities and **volunteer** options.

Arcadia University

Arcadia offers a variety of experiences including courses for international students, immersion in a host university, **internships** and more. Their program-finder can help you locate the right program for you.

AustraLearn

AustraLearn is a program where students study at one of over 30 universities in Australia, New Zealand and Fiji and take classes with Australian students.

Chicago Semester

Spend a semester living and working in the city of Chicago. Chicago Semester will help students find an **internship** in their field of study.

Sample Options

Study in Scotland

University of Stirling

Spend a semester on the shores of a loch by an 18th-century castle, with over 300 acres of parkland and woods, and excellent recreational and athletic facilities. This liberal arts institution has a similar academic system to that of the United States, and Sports Studies is a top department. Courses range from *Psychology of Sport to Development of Excellence in Sport to Sport Marketing to Physiology of Sport and Exercise and Sports Medicine, Health and Well-being*. (Sponsors: Arcadia, IFSA-Butler)

University of Strathclyde, Glasgow

Take classes in the field of sport and physical activity, through the Faculty of Science. Studies focus on coaching and development or applied exercise science. Glasgow is the largest city in Scotland, with many things to do well within reach. Enjoy art, shopping, music, sports, ethnic cuisine (including traditional Scottish fare) and more. The campus is knit into the center of town, with academic buildings, residences, and public transportation all within walking distance. (Sponsor: ISEP)

Study in England

University of Huddersfield

Huddersfield, a thriving West Yorkshire town in the heart of the UK, has a distinct identity of its own, with a rich cultural and musical heritage. The town is easily accessible by road, rail, and air. Within the field of sports studies, students may take courses in sports coaching or exercise, physical activity and health. (Sponsor: ISEP)

University of Sunderland

Courses in the School of Sport and Exercise Sciences may include *Sports Injuries, Nutrition for Sport and Exercise, Sports Biomechanics, Applied Exercise Psychology, History of Sport*, and more. There is a wide choice of student societies at University of Sunderland, and sports facilities include a pool, two gymnasia,

weights and fitness rooms, and outdoor facilities. (Sponsor: ISEP)

University of Leeds

Take advantage of this welcoming, self-contained campus and all it has to offer, including 50 sports clubs, 150 organizations, an active student union, a range of housing options, and state-of-the-art teaching facilities and resources. In the field of sport and exercise sciences, students may take classes such as: *Mechanics of Sport and Exercise, Drugs in Sport, and Human Motor Development*. (Sponsor: IFSA-Butler)

Study in Finland

University of Jyväskylä—Summer

Summer School in Human Sciences: Study in Finland for up to 4 weeks during the summer, taking one class per week. Sample courses may include: *Health Behavior Among School-Aged Children, Creating and Leading Communities of Learners, Social Networks and Interpersonal Relations in a Multicultural World, and Organization and Role of Sport in EU and its Member States*. (Sponsor: ISEP)

University of Jyväskylä

During their semester in Finland, students will find a wide selection of English-taught courses in the fields of physical education, health sciences, sport and exercise psychology, and biology of physical activity. Jyväskylä is an ideal city for sport and physical recreation: there are more than 200 different venues for sport and leisure activities and a wide choice of maintained trails and recreational facilities within walking distance. Located 170 miles north of Helsinki, it is a lively and compact city in a beautiful setting of lakes, ridges, parks and forests. (Sponsor: ISEP)

Study in Czech Republic

Masaryk University, Brno

The Faculty of Sports Studies usually offers a very limited selection of courses in English,

such as *Corrective Exercises* and *Combative Activities*. Thanks to its strategic location at the heart of Central Europe, major regional centers such as Prague, Vienna, Budapest, and Krakow, are within easy reach by train and bus. In the immediate vicinity of Brno, the Moravian highlands to the north and west offer outstanding opportunities for hiking, bicycling and skiing. (Sponsor: ISEP)

Study in South Africa

University of the Western Cape

Take courses from the Department of Sport, Recreation and Exercise Science at this South African university, located in the northern suburbs of greater Cape Town. Convenient public transportation abounds, and the campus even has its own railway station. Shopping, sports stadiums, theatres and more are all within reach. Cosmopolitan Cape Town has centuries of history as a cultural crossroads, making it a vibrantly rich community. (Sponsor: Arcadia)

Study in China

Chinese University of Hong Kong

No prior knowledge of Chinese is required, but students who wish to learn may study the language during the semester. Physical education majors may be able to find English-taught courses in the Department of Sports Science and Physical Education. (Sponsor: ISEP)

Study in Australia

Bond University, Gold Coast

Here, students may take classes in sports management, sports science, exercise science, and physiotherapy from the Faculty of Health Sciences and Medicine. Practical experiences may include working with athletes. Students are also welcome to participate in one of the 30 sports teams available on campus. (Sponsor: AustrLearn)

Edith Cowan University, Perth

Accredited by the Australian Association for Exercise and Sports Science and recognized

by the National Strength and Conditioning Association (USA), Edith Cowan's School of Exercise, Biomedical, and Health Sciences incorporates study in exercise and sports science, human biology, occupational therapy, paramedical science, and public health, plus nutrition and human performance. Students are invited to learn how to surf—a specialty at this university—with the class, *Waves, Tides, and Beaches*, which includes field trips to pristine coastal environments around the Margaret River region. (Sponsor: AustrLearn)

University of Canberra

University of Canberra's Centre for Sports Studies offers areas of specialization in sports management, sports media, coaching science, and health and physical education. Professional experience may include placements within sports organizations to conduct testing and researching as well as sports injury assessment for athletes in cooperation with medical practitioners and physiotherapists. (Sponsors: ISEP, AustrLearn)

University of Queensland, Brisbane

Accredited by the Australian Association for Exercise and Sports Science, the School of Human Movement Studies offers Australia's premier sport, movement and physical activity program. Courses will focus on themes such as skill acquisition and biomechanics; the physiology and psychology of exercise and sport; the history of sport, exercise and leisure; and the place of physical activity in society. (Sponsors: IFSA-Butler, AustrLearn)

University of South Australia, Adelaide

Courses are offered through the Division of health Sciences and the Division of Business, allowing students to focus on a particular area of sport, such as psychology, coaching, or nutrition. Site visits, field trips and placements may take students to active aging centers or kinder gyms workshops, among others. (Sponsor: AustrLearn)

University of Tasmania, Hobart

At the University of Tasmania, students may study in the areas of health and physical education and physical activity studies. The Centre for Human Movement, staffed by experienced

international educators and researchers, provides an excellent learning environment. Take advantage of field trips, professional experience, teaching studios and laboratories to enhance your studies. Students may even use the world-class Ropes Challenge Course located on campus. (Sponsors: IFSA-Butler, AustraLearn)

Study in New Zealand

University of Otago, Dunedin

Students staying in the city of Dunedin will find that it has all the facilities, entertainment and variety of larger cities, but it is small enough to be friendly, intimate and not crowded. The school emphasizes multidisciplinary integration of research and practical application in areas such as health and physical education teaching, training and exercise prescription, outdoor education, and dance. The campus also houses the Human Performance Centre, which is a multidisciplinary group of sport science researchers dedicated to investigations to help monitor and enhance human performance. (Sponsors: Arcadia, IFSA-Butler, AustraLearn)

AUT University, Auckland

The Division of Sport and Recreation has programs in fitness, sport and recreation, outdoor recreation, dance, and holistic therapies. Housed on the campus is the Sport Performance Centre where students can observe sport scientists work with New Zealand's elite athletes. It may be possible to obtain an off-site practicum or internship as well. (Sponsor: AustraLearn)

University of Waikato, Hamilton

The Sport and Leisure Studies program has a distinct focus on the social sciences and the political, cultural, social, and economic factors influencing sport and leisure. Areas of study include sport psychology, sport history, youth sport and culture, adventure education and leadership, physical and health education curriculum, gerontology, and dance. For athletes, Waikato also has the largest sports grounds of any New Zealand university. (Sponsor: AustraLearn)

Study in Chicago

Students work 4 full days, or 32 hours, per week and also participate in seminar courses on urban life. Internships in exercise science and physical therapy are available. (Sponsor: Chicago Semester)

Foreign Language Options

Study in Spanish

Through the ISEP exchange program, students may attend the Universidad Alfonso X el Sabio in Spain or the Universidad Nacional in Costa Rica. In Spain, students may study in the field of physical activity and sports sciences, whereas in Costa Rica it is the field of teaching sports education and recreation. (Sponsor: ISEP)

Santiago, Chile—Summer

Students who have taken at least four semesters of college-level Spanish, and who are considering pursuing graduate study in medicine, might be interested in the Santiago Health Studies Summer Program. During this six-week program, students participate in a Clinical Observation Internship, in addition to taking *Spanish for Health Practitioners*. (Sponsor: IES)

Study in French

Through the ISEP exchange program, students may attend a school in France or Switzerland for a semester or year. A few French schools that may be appropriate for physical education majors include: Université de Nice, Université de Caen, and Université de Franche-Comté. Majors in both physical education and exercise science will find options in Switzerland at the Université de Lausanne. (Sponsor: ISEP)

Study in German

Through the ISEP exchange program, students may attend a school in Germany or Austria for

a semester or year. The Universität Salzburg in Austria offers physical education courses. Fields such as sports science and psychology and sports are offered at German universities, including Justus-Liebig-Universität Giessen, Universität Bielefeld, and the Technische Universität Dortmund. (Sponsor: ISEP)

This is just a sampling and some programs may be subject to change. For more options, visit the Elmhurst College Study Abroad website or talk to the Director of International Education.

Planning for Four Years

- Generally, the best time to study abroad is during your sophomore or junior years. Students may *not* study abroad in their final semester before graduating.
- Plan to take CPP 250 the term before your summer, semester, or year abroad. This .25 credit course will prepare you for study abroad.
- Start researching study abroad programs early on so that you can get a feel for what you want to get out of your trip and what options are available.
- Design a four-year plan that allows for at least one study abroad opportunity. Plan to take more specialized major courses on campus, and be flexible!

Sample Exercise Science 4-Year Plan

Freshman Year

**KIN 200, 204 (.5 credit), 250 (.5 credit)
COM 114, PSY 210, PHY 121**

Sophomore Year

**KIN 310, KIN 320
PSY 319, PHY 122, CPP 250 (.25 credit)
Semester Abroad: KIN 340, KIN 206, 2
general education courses and 1 elective**

Junior Year

**KIN 420, 450
THL 332, PSY 355**

Senior Year

**KIN 460, 465
PHL 316**

Program Sponsor Websites

Arcadia University
<http://www.arcadia.edu/abroad/>

AustraLearn
<http://www.australearn.org>

IES
<http://www.IESabroad.org>

IFSA-Butler
<http://www.IFSA-Butler.org>

IPSL
www.ipsl.org

UMAIE
<http://www.semint.com/umaie/index.html>

SIT Study Abroad
<http://worldlearning.org/323.htm>

ISEP
www.isep.org

Kansai Gaidai
<http://www.kansaigaidai.ac.jp/asp/>

Universidad San Francisco de Quito
<http://www.usfq.edu.ec/home.html>

Comillas Pontificia in Madrid
www.upcomillas.es

Chicago Semester
<http://chicagosemester.org>

<http://public.elmhurst.edu/academics/study>