

# Advising Guide for Study Abroad in EXERCISE SCIENCE

## PLANNING TIPS



### Look into your options early

KU students can study abroad as early as the second semester of their first year. The KU Study Abroad Fair held in early September is a great place to begin your program search! It is also important to talk to your academic advisor about study abroad during your first year.



### Semester Study

Your best semester option is spring semester of your junior year. Edwards Campus students must plan to take HSES 310 in the summer before or after their junior year.



### U.S. Specific Courses

HSES 473 must be taken at KU. If you choose to complete the 15-credit HSES 580 Internship in Exercise Science course, it must be completed at an approved site within a 50-mile radius of Lawrence. You may petition to complete this course abroad if your GPA is higher than 3.0.



### Summer Options

Summer is a great time to take general education courses. You could also participate in a unique field experience through one of the summer internships that are available in several exciting destinations.

## DEGREE REQUIREMENTS

### Admission Requirements

*Many of these courses can be taken abroad.*

ENGL 101	Composition
ENGL 102	Critical Reading and Writing
MATH 101/104/115	College Algebra OR Precalc. OR Calc.
COMS 130	Speaker-Audience Communication
PSYC 104	Gen. Psychology
BIOL 100 + 102	Principles of Biology and Bio. Lab <b>OR</b>
BIOL 150	Principles of Molecular and Cellular Bio.
BIOL 240	Fundamentals of Human Anatomy
BIOL 246	Principles of Human Physiology
HSES 269	Introduction to Exercise Science

### General Education Requirements

*Most of these are good courses to take abroad.*

PHIL 160 or 676	Intro. to Ethics or Medical Ethics
BIOL 241	Human Anatomy Observation Lab
BIOL 247	Principles of Human Physiology Lab
HSES 330	Principles of Nutrition and Health
CHEM 130	General Chemistry I
CHEM 135	General Chemistry II
MATH 103	Trigonometry (if needed)
PHSX 114	College Physics I
PHSX 115	College Physics II
BIOL 200/203 or 400/402	Combo. of Microbio. lecture and lab
KU Core Goal 3	Humanities Elective
KU Core Goal 4.2	Global Aware. Elec. (met by Study Abroad)

### Post-Admission Exercise Science Requirements

*Many of these courses can be taken abroad.*

HSES 305	Methods of Strength Training and Cond.
HSES 310	Research and Data Analysis in HSES
HSES 350	Care and Prevention of Athletic Injuries
HSES 369	Kinesiology
HSES 375	Neuromuscular Exer.Phys. & Motor Control

### Post-Admission Exercise Science Req., Continued

HSES 470	Biomechanics
HSES 472	Exercise Physiology
 HSES 473	Clinical Fitness Eval. Tech.
HSES 474	Exercise Biochemistry
HSES 480	Phys Activ & Ex Mgmt for Indiv w/ Disabilities

21 Hours of Approved Electives (see below)

*Courses which should be taken at the University of Kansas are indicated with *

### HSES Elective Options (21 credits required)

Most of these are good courses to take abroad.

ABSC 160	Intro to Child Behavior and Development
BIOL 600/601	Biochemistry Lecture and Lab
Business minor	courses
CHEM 310	Fundamentals of Organic Chemistry
CHEM 330/331	Organic Chemistry I Lecture and Lab
CHEM 335/336	Organic Chemistry II Lecture and Lab
HSES 306	Principles of Personal Training
HSES 331	Sport and Exercise Nutrition
HSES 335	Clinical Field Experience
HSES 370	Anatomy & Phys Found. of Health & Disease
HSES 380	Sociology of Sport
HSES 381	Sport Ethics
HSES 385	Psychological Aspects of Exercise
HSES 418	Health Aspects of Aging
HSES 440	Applied Sport & Performance Psychology
HSES 475	Undergrad Research in HSES
HSES 484	Sport in Film
HSES 485	Sport Communication
HSES 489	Health and Human Sexuality
HSES 497	Independent Study
HSES 580	Internship
MATH 365	Elementary Statistics
PSYC 333	Child Development
PSYC 350	Abnormal Psychology

# RECOMMENDED PROGRAM OPTIONS

Below you will find a list of possible program options for your major that have been reviewed and approved by the School of Education. This is not an all-inclusive list, but rather a starting point for you to begin your study abroad search. For more program options and/or to learn more about the specific courses available, please visit [studyabroad.ku.edu](http://studyabroad.ku.edu) or come to the Office of Study Abroad Info Center in 105 Lippincott Hall.

Programs offering

## **EXERCISE SCIENCE COURSEWORK**

### **UNIVERSITY OF LEEDS**

*Leeds, England*

The University of Leeds is ranked in the top 10 research universities in Britain. Serving 30,500 students from 130 countries, it is Britain's second largest university. Leeds, pop. 700,000, is located near two national parks, and less than 50 miles from Manchester, Sheffield, and York. London is just over two hours away by train, while Edinburgh is three hours away. Select from a variety of exercise science and/or general education courses. Recommended for the spring semester of your junior year (Lawrence students).

Eligibility: Second semester sophomore status, cumulative 3.0 GPA.

### **DEAKIN UNIVERSITY**

*Geelong and Melbourne, Australia*

Deakin University has campuses in two cities. Geelong, set against the backdrop of Corio Bay, is one hour away from Melbourne and has many parks, gardens, eateries and attractions. Melbourne is Australia's second largest city and the country's cultural and sports capital. The Melbourne Burwood Campus is located in Melbourne's green, eastern suburbs, 45 minutes away. You can take a variety of exercise science and/or general education courses. Recommended for either semester of your junior year.

Eligibility: Second semester sophomore status, cumulative GPA of 2.6.

### **MASSEY UNIVERSITY**

*Auckland and Palmerston North, New Zealand*

Massey University is New Zealand's defining university. Massey is characterized by the applied nature of its teaching and research programs. Auckland is an international city built around a stunning harbor. It is New Zealand's largest urban area with a diverse multi-cultural population and world-class features and facilities. Palmerston North is a young person's city with one-third of the population between the ages of fifteen and thirty. There is a lively social scene and many outdoor and sport activities. Many exercise science courses are available at both campuses. Recommended for spring semester of your junior year or fall semester of your senior year.

Eligibility: Sophomore status, cumulative GPA of 2.75.

### **UNIVERSITY OF NEWCASTLE**

*Ourimbah and Newcastle, Australia*

The University of Newcastle is renowned internationally and among the top 10 research universities in Australia. The Central Coast Campus in Ourimbah is 15 minutes from the beaches and nestled in a valley featuring a beautiful rainforest creek. You can be in Sydney by train in less than an hour! The Callaghan Campus is located in Newcastle, on the east coast of New South Wales and 2.5 hours north of Sydney. Newcastle is known for beautiful beaches, low-cost living, and a favorable climate. Select from a variety of exercise science and/or general education courses. Recommended for the spring semester of your junior year (Edwards students, Central Coast campus).

Eligibility: Second semester sophomore status, cumulative 2.5 GPA.

### **UNIVERSIDADE DE COIMBRA**

*Coimbra, Portugal*

Founded in 1290, the University of Coimbra is the oldest university in Portugal and the largest research institution in the country. Coimbra is the third largest urban center in Portugal and has some of the most beautiful architecture that dates back to the time of the Romans. A handful of exercise science courses are available each semester. Recommended for the fall semester of your junior or senior year.

Eligibility: Good academic standing, cumulative 2.5 GPA.

### **UNIVERSITY OF EXETER**

*Exeter, England*

Exeter is ranked in the top 10 nationally for overall student satisfaction in the National Student Survey every year since the survey began in 2005. The Times Higher Education institutional ranking places the University of Exeter in the top 1% of universities in the world. The national parks of Dartmoor and Exmoor and the heritage coastline of Devon and Cornwall are nearby. Many exercise science and general education courses are available. Recommended for either semester of junior year.

Eligibility: Second semester sophomore status, cumulative 3.0 GPA.

**LOOKING FOR MORE OPTIONS? VISIT OUR [WEBSITE](#).**

# PROGRAM OPTIONS CONT.

Programs offering

## **EXERCISE SCIENCE COURSEWORK**

### NELSON MANDELA METROPOLITAN UNIVERSITY

*Port Elizabeth, South Africa*

The main campus of Nelson Mandela Metropolitan University enjoys a unique location in the Summerstrand section of Port Elizabeth, four miles from the city center, in a nature reserve surrounded by the sea and coastal dunes. NMMU is one of the most culturally and linguistically diverse universities in South Africa with 23,000 students (2,000 international) studying in seven faculties across the university. Select from a variety of exercise science courses. Recommended for fall or spring of your junior year.

Eligibility: Good academic standing, cumulative GPA of 2.5.

### UNIVERSITY OF HONG KONG

*Hong Kong*

The University of Hong Kong (HKU) is a premier international university in Asia and was the first university established in Hong Kong in 1911. It is situated on the northwestern slopes of Hong Kong Island facing Victoria Harbor and is close to Hong Kong's bustling financial district. Several exercise science courses are available, as well as general education and business minor courses. Recommended for spring semester of your sophomore or junior year.

Eligibility: Sophomore status, cumulative 3.0 GPA.

Programs offering

## **EXPERIENCE**

### INTERNSHIPS

Earn credit (HSES 335 or HSES 580) while gaining valuable experience overseas. Internship placements and duties vary by on location and interest. Here is one sample placement:

**Placement:** A private practice medical clinic in the United Kingdom that provides physiotherapy and complimentary therapies from assessment and diagnosis to treatment and rehabilitation.

**Duties:** Engaging in work surrounding muscular skeletal practices and pathologies and orthopedics. Intern gains first hand observation experiences and is assigned individual projects.

**Locations:**

[Sydney, Australia](#)

[Shanghai, China](#)

[London, England](#)

[Dublin, Ireland](#)

[Germany](#)

### HOSPITAL SHADOWING

This immersive hospital observation experience is ideal for Exercise Science majors concentrating in Pre-Med, Pre-PA, or Pre-PT. Earn "Approved HSES Elective" credit (HSES 335) while shadowing hospital doctors in various specialities for 20+ hours per week during the summer for 6 weeks.

This program is currently offered in Spain; additional locations may be offered in the future.

No foreign language proficiency is required.

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