

Study Abroad for

Health & Physical Education

Teaching P.E., Athletic Training, Exercise Science, Sport Management, Coaching & Wellness

NORTH
CENTRAL
COLLEGE
NAPEENVILLE, ILLINOIS
FOUNDED 1861



Notable Programs

Seven of North Central College's 50+ programs abroad offer health and physical education courses to students studying abroad.

Some of our more notable health and physical education programs include:

La Trobe University (Australia)

University of Limerick (Ireland)

University of Sunderland (England)

Health and physical education majors can also study at:

Canterbury Christ Church University (England)

University of Dundee

University of Essex

Linnaeus University (Sweden)

NCC-in-China/Japan

NCC-in-Costa Rica*

*Internship opportunities in various fields

Apply to Study Abroad

NCC applications for **fall term**
programs due:

January 31st

Follow us!



Contact Us

If you have questions or would like to set up an appointment with a study abroad advisor, please call (630) 637-5132 or visit us at Abe House at Abe House (48 E. Jefferson, next to the bookstore).

Benefits of studying health and physical education abroad:

- Understanding the meaning of health and fitness in regions of the world
- Discover new health and fitness philosophies while engaging in different sport and exercise than that of the U.S.
- Opportunities to intern in various fields
- Complete a Richter and do research abroad
- Take unique courses that are not offered at NCC to enhance your degree
- Courses are taught in English
- Keep your NCC financial aid
- Take 12-15 NCC credits each term
- Travel and explore new places

"While traveling in Berlin, Germany, I met a total group of strangers in the hostel lobby. We ended up spending the night salsa dancing.

That proved to me that anything is possible and studying abroad is all about what you make of it!"

Physical Education major, **Tom Livingston**, studied at Canterbury Christ Church University in England during fall 2014.



Photo courtesy of Miranda Milne

Canterbury Christ Church

University (England)

Intro. to Sport and Exercise Physiology

Intro. to the Psychology of Sport,
Exercise and Skill Acquisition

Contemporary Themes in Sport &
Exercise Psychology

Intro. to Biomechanics in Sport and
Exercise

Intro. to Research in Sport and Exercise

Intro. to Sport, Culture and Society

Key Studies in Sport and Exercise
Psychology

Sport, Exercise & Fitness

Nutrition for Sport and Exercise

Perceptual and Motor Skills in Sport
Coaching

Psychology of Sport

Sport and Exercise Biomechanics

Sport and Exercise Training

Contact OIP for complete course list

University of Dundee (Scotland)

Active Living

Sport and Exercise Training Science 1:
Physical Testing and Monitoring

Contact OIP for complete course list

University of Essex (England)

Anatomy and Physiology I

Principles of Nutrition and Metabolism

Intro. to Sport and Exercise Psychology

Energy for Exercise

Applied Biomechanics and Movement
Analysis

Sport and Performance Psychology

Muscle Performance and Fatigue

Nutrition and Drugs in Sport and
Exercise

Sports Injuries and Exercise
Rehabilitation

University of Essex continued:

Sport, Exercise and the Self

<http://www.essex.ac.uk/modules/>
(Search "Biological Sciences" undergraduate modules)

La Trobe University (Australia)

Human Biosciences

Exercise Fitness and Health

Social Determinants of Health

Research and Evidence in Practice

Motor Control and Learning

Human Anatomy B

Applied Exercise Science

Pathophysiology and Pharmacology

Advanced Exercise Biomechanics

Behavioral Change for Rehabilitation
Clients

Movement Studies 1

Exercise Physiology and Performance

Public Health Nutrition

Sport and Skill Analysis

Health Promotion in Schools

Inclusive Sport Education

Social Psychology of Sport

Food Fundamentals

Metabolic Biochemistry and Cell
Biology

Nutrition and Disease

Food and Society

Leading Groups in Outdoor
Environments

<http://www.latrobe.edu.au/students/subjects>

University of Limerick (Ireland)

Introductory Anatomy and Physiology

Human Anatomy

Analysis of Motor Skills Performance
and Learning

Applied Exercise and Health
Psychology

Physiology of Muscle in Movement

Please Note:

The courses listed under each university are only a **small selection** of health and physical education courses available to study abroad students. Please visit each **institutions' website** to see a full list of available courses.

University of Limerick continued:

Nutrition, Exercise, Metabolism and
Sports Performance

Exercise and Health 1

Functional Anatomy

Quantitative Biochemical Analysis

Coaching Science & Performance 1 & 2

<http://www.ul.ie/international/en/home/study-at-ul/study-abroad/>

Linnaeus University (Sweden)

Swedish Culture, Leisure and Sports

<https://lnu.se/en/education/exchange-studies/courses-and-programmes-for-exchange-students/>

University of Sunderland (England)

Principles of Sport and Exercise

Psychology

Principles of Sport and Exercise

Anatomy

Biomechanics of Sport and Exercise
1 & 2

Sport and Exercise Development 1 & 2

Sociology of Sport and Exercise 1 & 2

Coaching Theory 1 & 2

Sport Psychology 1

Historical Enquiry in Sport

Sport Physical Activity & Exercise with
Special Populations

Physiology of Sport and Exercise 2

Contact OIP for complete course list