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

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.

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).
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 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

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

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.