



Kinesiology and Health Sciences Major - Education Abroad Advising Guide

"Through study abroad our students and professors have gained a great appreciation for the value of diverse thoughts and perspectives in the development of knowledge. Furthermore, our international activities have broadened our perspective regarding the contributions that our research can have across the globe. Interestingly, these experiences have primarily served to facilitate an understanding of our collective similarities as global citizens, including a focus on relationships, a commitment to working toward prosperity and excellence, and an appreciation for all that life has to offer."

- Dr. Edmund Acevedo

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Why study Kinesiology abroad?

- Invest in your future and add value to your degree
- Improve your chances of getting a job and expand career options
- Earn credits towards your degree
- Become more independent and self-confident
- Gain intercultural communication skills and expand your problem-solving skills
- Stand out to employers and prepare you to work in an increasingly diverse world
- Gain new perspective on your field
- Improve your language skills
- Develop a global network of faculty, students, friends, and locals

When is the best time to study abroad?

It all depends on the students' interests, career goals, and the study abroad program. HPEX students tend to study abroad in their junior and senior year after completing required courses, when they have major/concentration courses left that are equivalent to courses taught abroad. Some study abroad programs do not have options for students to take their lower level coursework, while other programs do. Students applying to professional and graduate schools often have to plan their study abroad program around taking entrance exams and/or completing required pre-requisites. No matter what, there is likely a program and time that will work for you. Make sure to talk with your HPEX advisor to determine what will work best for you.

What courses should I take abroad?

There are several options for courses an HPEX major can take abroad, including collateral, major, and concentration (including electives) requirements. This includes the second internship, HPEX 495, which is usually completed the senior year. This particular internship is a 240 hour (six credit) requirement that provides our students the opportunity to gain hands on experience in the field of Exercise/Health Sciences.

The Department of Kinesiology and Health Sciences works closely with the Education Abroad office to ensure that classes taken abroad will fulfill requirements in your degree. The study abroad programs listed here were carefully selected for you. Students can choose to participate in programs that will fulfill major, minor, general education, and/or elective requirements.

How can I afford to study abroad?

Studying abroad does not have to be expensive! VCU offers a variety of program options to fit most students' budgets and the Education Abroad office assists students with identifying and applying for funding. Consider the following:

- **Use what you already have!** Most financial aid and scholarships that you already receive can be used toward study abroad. Other sources of funding may also help: pre-paid tuition plans, veteran's benefits, etc.
- **Scholarships:** There are VCU scholarships to study abroad as well as nationally competitive scholarships. Begin your search on our site and at StudyAbroadFunding.org and DiversityAbroad.com
- **Program length:** Per day expenses are often less expensive on semester programs than on summer programs and airfare may cost the same regardless of the length of your stay
- **Program type:** Programs with more structure that include group activities or excursions may be more expensive than exchange programs which include tuition, room, and board.
- **Cost of living:** If you're looking to save money on studying abroad, avoid destinations with a high cost of living like capital cities and popular tourist destinations.
- **What's included?** When considering the cost of a program, determine what the program fee includes...and what it doesn't. Some are almost all-inclusive and will cover the cost of a cell phone, insurance, group excursions and welcome/farewell receptions whereas other programs cover only the basics.

Notable Funding Opportunities for Kinesiology Majors

Benjamin A. Gilman International Scholarship: For US undergraduates with Pell Grants; for programs at least 28 days in length; diversity of student and destination is a priority; scholarships up to \$5,000 available; additional \$3,000 available to study critical need languages such as Arabic, Chinese, Turkish, Indic, Korean, Russian, etc.

IIE.org/Programs/Gilman-Scholarship-Program

Boren Awards for International Study: For US undergraduates to study in areas critical to US interests including Africa, Asia, Central & Eastern Europe, Eurasia, Latin America, and the Middle East; scholarships up to \$20,000; preference is given to study less commonly taught languages such as Arabic, Chinese, Korean, Portuguese, Russian, and Swahili.

Borenawards.org

Phi Kappa Phi: For undergraduates with at least a cumulative GPA of at least 3.75

Phikappaphi.org

Fund for Education Abroad: General scholarships up to \$10,000 for US undergraduates planning to spend a minimum of 30 days abroad; Hilary Echo Douglas scholarship for study in Vietnam; Rainbow Scholarship for LGBTQI students FundForEducationAbroad.org

What are my next steps?

1. **Attend a First Advising Session.** These group advising sessions are held Monday-Friday at 12:30 in the Education Abroad office.
2. **Investigate Programs.** Explore global.vcu.edu/programs and talk to advisors and past participants for guidance
3. **Inform your academic advisor** of your interest in studying abroad
4. **Explore the approved course database** to view [pre-approved courses](#); talk with your academic advisor for approval on other courses
5. **Explore your funding options.** Speak with a [Financial Aid counselor](#), investigate and apply for scholarships

Featured Education Abroad Programs

The following are a list of programs recommended for Kinesiology and Health Sciences majors. The sections below are organized by program type and include many different program models including group and individual programs, study abroad, service-learning abroad, research abroad, and internship abroad programs. While these are featured programs for Kinesiology and Health Sciences majors, students are by no means limited to these opportunities. For all available programs, please visit global.vcu.edu/abroad/programs or contact an Education Abroad advisor.

Short-Term Faculty-Led Programs

VCU faculty members lead groups of VCU students for short-term programs during the summer, spring break and winter intersession. Participants earn VCU credit. New programs are created every year, and most are open to students from any major. See our [website](#) for the most current list of faculty-led programs.

JAMAICA: [Community Health Promotion](#) with Dr. Joann Richardson (jtrichar@vcu.edu)

The VCU Global Education Office and the Department of Kinesiology and Health Sciences are pleased to offer an innovative opportunity for global community engagement. The Jamaica Community Health Promotion Study Abroad experience offers an exceptional opportunity to immerse yourself in Jamaican life and culture, to study Jamaica's community health needs, priorities and health resources as well as to participate in planning, conducting and evaluating a community health promotion program. Students will participate in both academic and social activities and enjoy cultural learning excursions to explore the splendor and leisure time activities of the island.

Departmental and Partnership Exchanges

VCU's relationship with the universities below allows students to study at the institutions for a semester or an academic year while paying standard tuition and fees to VCU. Other expenses – such as room, board, airfare, insurance and spending money – are the responsibility of the student.

[AUSTRALIA: Curtin University](#)

Semester or year exchange

Located in Perth, Western Australia, Curtin University is a large public university that offers a wide variety of courses in the School of Physiotherapy and Exercise Science. Courses include: Exercise Physiology, Exercise and Sports Nutrition, Foundations of Exercise Science, Advanced Exercise Physiology, Advanced Exercise and Sports Psychology, Clinical Exercise and Sports Injury, Exercise Science Professional Practice, Exercise Science for Health, and Strength and Conditioning Across the Lifespan.

International Student Exchange Program (ISEP)

Choose from over 300 universities around the world offering summer, semester and year-long programs. Apply to up to 10 institutions on a single application. ISEP offers two types of placements: ISEP-Exchange (program fee based on VCU's in-state tuition, room and board) and ISEP-Direct (program fee based on host university's tuition, room and board). For best chance of exchange placement, apply by August 15 for spring programs and January 15 for fall/full-year programs.

ISEP institutions offering Health Sciences courses taught in English:

Programs In English:

AUSTRALIA: Charles Sturt University

AUSTRALIA: La Trobe University – Melbourne

AUSTRALIA: RMIT University

AUSTRALIA: University of Canberra

AUSTRALIA: Univ. of Southern Queensland

AUSTRALIA: Univ. of Technology, Sydney

AUSTRALIA: Univ. of Western Sydney

BOTSWANA: University of Botswana

CANADA: Brock University

CANADA: Laurentian University

CHINA: Chinese University of Hong Kong

CHINA: Southwest University

GHANA: University of Ghana

HUNGARY: University of Debrecen

SOUTH KOREA: Keimyung University

SOUTH KOREA: Korea University

MEXICO: Universidad de Monterrey (UDEM)

NEW ZEALAND: Massey University

NORWAY: Buskerud and Vestfold University College

SOUTH AFRICA: University of Johannesburg

SPAIN: University Rovira I Virgili

SWEDEN: University West

UNITED KINGDOM: Edinburgh Napier University

UNITED KINGDOM: Plymouth University

UNITED KINGDOM: Ulster University

UNITED KINGDOM: University of Chester

UNITED KINGDOM: University of Sunderland

Affiliate and Alternative Programs

The following programs are sponsored by 1) study abroad organizations/providers, 2) other US institutions, or 3) foreign universities who accept visiting international students. Prices range, though most programs are between \$10,000-\$15,000 for a semester including housing, meals, tuition, and on-site support services. Programs below are organized alphabetically by country.

COSTA RICA: Veritas University (available through [CEA](#))

Terms: Fall, Spring

Courses available: Introduction to Physical Therapy, Alternative Health Approaches, Introduction to FASD and other Neurobehavioral Conditions, Conflict Resolution and Health Care, and Costa Rican Health Care System and Tropical Medicine

INDIA: Bangalore (available through [USAC](#))

Terms: Fall, Spring

Courses available: Health Across the Lifespan, Health Care Services, and Rural Health

SWEDEN: Linnaeus University (available through [USAC](#))

Terms: Fall, Spring

Courses available: Health Care in an Intercultural Perspective, Perspective on Contemporary Illness, The Elderly in Modern Society, and Welfare Policy in Sweden