



BELLARMINE  
UNIVERSITY  
IN VERITATIS AMORE

## Study Abroad in Movement & Rehabilitation Sciences: Exercise Science, Pre-PT & Pre-AT Majors

College of Health Professions  
School of Movement and Rehabilitation Sciences  
Flynn Building  
502-742-4915  
<http://www.bellarmino.edu/lansing/exercisescience/>

Faculty Liaison for Movement and Rehabilitation Sciences  
Dr. Thomas Wójcicki  
Flynn 111  
[twojcicki@bellarmine.edu](mailto:twojcicki@bellarmine.edu)

Office for Study Abroad & International Learning,  
Horrigan Hall 111  
502-272-8479

Dr. Gabriele Weber-Bosley,  
Executive Director  
[gbosley@bellarmine.edu](mailto:gbosley@bellarmine.edu)

Bridget Klein  
Study Abroad Advisor  
[bklein@bellarmine.edu](mailto:bklein@bellarmine.edu)

<http://www.bellarmino.edu/international/>

### Table of Contents:

Why go abroad?	pg 1
Finances	pg 2
When to go abroad	pg 2
Planning to go	pg 2
Types of programs	pg 3
Partner schools	pg 4
Short-term options	pg 4
Internships & Service	pg 4

**“The Best Way to Learn About the World is to EXPERIENCE IT.”**

Travis McEachern,  
Semester Abroad,  
Universidad de San Francisco de Quito,

“The opportunities Bellarmine University provides for students in the School of Movement and Rehabilitation Sciences (i.e. doctor of physical therapy, exercise science, and master’s in athletic training) allow for personal, intellectual and professional growth. Students and faculty experience different cultures and appreciate different perspectives on health, wellness, and the management of acute and chronic disease and disabilities. Students learn to challenge their ideas and biases about health and health care systems, apply their knowledge and skills in culturally diverse environments, and understand their individual roles and responsibilities to the global community as future clinicians, practitioners, researchers, and professionals. Study abroad is clearly one of the best ways to acquire skills necessary for future success in a global community.”

**Dr. Tony Brosky, Dean-School of Movement and Rehabilitation Sciences**

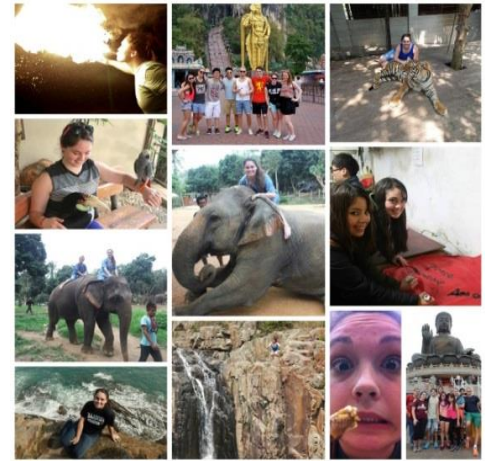
### Study Abroad as an Exercise Science Major and . . .

- Learn firsthand about global trends in the fields Exercise and Physical Therapy
- Experience world events through another culture
- Gain international perspectives in the fields of sports and physical therapy
- Acquire important intercultural skills for the increasingly diverse and international workplace
- Build your résumé by demonstrating your independence, flexibility, and willingness to take on new challenges

### Plan ahead . . .

As an Exercise Science, Pre-PT or Pre-AT student, you can study abroad as a sophomore, junior or senior. There are opportunities for elective credits in the major which gives you flexibility to study abroad and make progress towards your degree. Discuss study abroad options with your Academic Advisor and Faculty Liaison.

- Begin planning at least a year in advance of your study abroad program. Plan to meet with the Study Abroad Advisor and talk with faculty and students who have taught or studied abroad. It is never too early to start planning!
- Set some goals. There are many partners and programs abroad that offer business courses. The best one for you depends on what you plan to gain from your experience.
- Prioritize your goals. See the OSAIL handout on this subject and consider your long-term academic and professional goals, as well as your on-campus degree requirements.
- With proper planning, study abroad can help you prepare for the next step after college whether it is graduate school or starting a career.



**“Go somewhere that pushes you to always try new things, I did and it was the most amazing thing I’ve ever done.”**

*Sarah Bowley, Exercise Science major,  
Semester Abroad, Chinese University of Hong Kong*

- **Start saving now!** Consider saving for your time abroad when setting your spending priorities today.

## ***Can I afford it?***

**YES! Now is the most cost-effective time in your life to spend an extended period of time abroad.** Most undergraduate students do not have to balance a job, mortgage, family and car payments when saving for study abroad.

- Studying abroad for a semester on exchange will cost about the same as attending Bellarmine and living on campus.
- For exchange programs, financial aid and scholarships can be applied toward your semester or academic year abroad.
- There are many short-term programs with a wide range of prices to accommodate various student budgets.
- Bellarmine also offers scholarships for study abroad! For more information, visit:

<http://www.bellarmino.edu/international/scholarships/>



Lexy Hazle, Exercise Science major, DR PT/EXSC Program

## ***Next steps?***

### **Study Abroad Information Meetings and Highlight Sessions**

Not sure how to start? There are general information meetings held weekly in the fall. See the BU student calendar or contact the OSAIL for dates.

### **The Study Abroad Fair**

This annual fall event held in September is a great place to talk to program providers and students who have studied around the world on Bellarmine's programs. It is a wonderful time to ask returned students about their experiences abroad.

### **Browse Our Website**

Find information on all Bellarmine study abroad programs, as well as application procedures and tips on preparing for your time abroad.

<http://www.bellarmino.edu/international/>

### **What happens next?**

Visit the Office for Study Abroad & International Learning in Horrigan Hall Suite 111 to learn more about the program and application deadlines. Talk with your Academic Advisor and the Faculty Liaison for study abroad information regarding your major. Learn what courses you will be able to take abroad, and plan ahead. Research the country and site where you wish to study. Find out as much as you can about your host site.

## ***When should I go?***

Summer programs are available to all students starting the summer after freshman year. Depending on a student's major and minor, certain times may be better than others for long-term study abroad. See below for tips on deciding when you should go.

### **Freshman**

The best time to start planning for study abroad is your freshman year. If you hope to have two international experiences, it is a great idea to do a winter program during or a summer program after freshman year and then plan for a semester or year abroad junior year.

### **Sophomores**

There are limited semester sites available for sophomores. However, mature applicants typically do not have trouble finding an appropriate site for study. The application to study abroad sophomore year is due in the fall of freshman year. Please work closely with the Study Abroad Advisor and your Academic Advisor to see which plan is best for you.

### **Juniors**

Most Bellarmine students study abroad during their junior year. At this point, you may be more focused on upper division business courses and electives. See the descriptions on the next page for program suggestions.

### **Seniors**

You can still study abroad during the fall semester or winter break of your senior year. You will need to select your location carefully to ensure that you can take specific classes you need for graduation or choose general electives. You will also want to choose a site that matches Bellarmine's calendar so that you will be back in time to start the spring semester at BU.

## *How do I select a program?*

Bellarmino has more than 150 international program sites. When selecting a program that will work best for you, consider your geographic interests and academic goals. Use this sheet, talk with your advisor, talk to past participants of study abroad programs, and work with the OSAIL to identify the best program for you. **These highlighted programs offer excellent options for you to earn credit in your major; however, depending on your flexibility, you may also want to explore other Bellarmino partners and programs.** As the School of Continuing and Professional Education and the OSAIL work together, specific recommended programs may change. Check with the Study Abroad Advisor for the latest information.

## *Can I fulfill graduation requirements?*

**General Education:** General education credits can be fulfilled on almost all study abroad programs. **Some excellent courses to take abroad include:** Fine Art requirement, English Literature requirement, Social Science requirement and the IDC 301 requirement. Occasionally approval is granted for the Theology elective requirement.

**Major requirements:** Exercise Science is offered in English at a growing number of our partner universities. Some institutions have a broader selection than others and they are listed on this page. With advance planning, you will be able to earn credits for your major. Plan on taking some elective credits in your major that are not offered on campus so that you can **enhance** courses you have taken at BU.

**Minor requirements:** Depending on your minor, you may also be able to take courses to fulfill those requirements abroad. Please consult with the Department Chair.

## *Study Exercise Science for a semester or an academic year at partner universities abroad*

The list on this page contains links to view course catalogs and/or titles of SPOR courses offered at BU bilateral partner universities abroad. Most links provide access to a course description. You should review this list with your advisor and faculty liaison to see which institution will provide you with the courses you need. If necessary, you will also want to discuss substitutions or waivers with the department chair.



Sara Bean,  
Exercise Science  
major, Australian  
Catholic  
University

## *Bilateral Exchange Partners\* with Excellent Exercise Science Options:*

**Australian Catholic University  
Brisbane & Melbourne, Australia**  
<http://www.acu.edu.au/international>

**Edge Hill University: Ormskirk,  
England**  
<https://www.edgehill.ac.uk/international/courses/studyabroad/>

**Leeds Trinity University:  
Leeds, England**  
<http://www.leedstrinity.ac.uk/international/study-abroad>

**Nelson Mandela Metropolitan  
University:  
Port Elizabeth, South Africa**  
<http://international.nmmu.ac.za/>

**Ulster University: Jordanstown Campus,  
Northern Ireland**  
<https://www.ulster.ac.uk/international>  
3.0 GPA required

**University of Birmingham:  
Birmingham, England**  
<http://www.birmingham.ac.uk/International/students/index.aspx>  
2.8 GPA required

**University of Western Australia:  
Perth, Australia**  
<http://www.uwa.edu.au/>

\* For the most updated partnership options please check with the International Programs Office.



McKenna Ginn, Exercise Science major,  
Australian Catholic University



## ***ISEP Exchange***

Bellarmino is also a member of The International Student Exchange Program (ISEP) which provides access to many additional study sites around the globe. It is easy to do a search by subject on the ISEP website [www.isep.org](http://www.isep.org). For most sites, you can access course catalogs for these institutions online or in the OSAIL. Students who have many electives will have greater flexibility in their choice of schools. Students who have a second major may also choose to focus on that subject area while abroad.

### **ISEP Exchange Partners with Recommended Exercise Science Options:**

#### **University of Canberra, Australia**

<https://www.canberra.edu.au/future-students/international-students/study-abroad>

#### **University of Technology Sydney (UTS), Australia**

<http://www.uts.edu.au/future-students/international>

#### **Brock University, Canada**

<https://brocku.ca/international/current/international-services>

#### **Masaryk University, Czech Republic**

<https://czs.muni.cz/en/>

#### **Massey University, New Zealand**

[http://www.massey.ac.nz/massey/international/international\\_home.cfm](http://www.massey.ac.nz/massey/international/international_home.cfm)

#### **Universidad de Almería, Spain**

[http://cms.ual.es/UAL/universidad/organosgobierno/vinternacional/actividades/actividad/PARTNERS10\\_EN?idioma=en](http://cms.ual.es/UAL/universidad/organosgobierno/vinternacional/actividades/actividad/PARTNERS10_EN?idioma=en)

#### **University of Chester, England**

<https://www1.chester.ac.uk/international/study-abroad/incoming-exchange>

#### **University of Essex**

<http://www.essex.ac.uk/international/>

## ***International Internships and Service***

In addition to summer/winter options listed on this page, there are many international internship and service opportunities available. International Studies Abroad (ISA) (<http://studiesabroad.com/experience/>) has a wide variety of programs in many countries, including Australia, New Zealand, Chile, Spain, and England. Internships and Service-Learning through ISA may be counted as IDC 301 credit with appropriate approval. Please consult the OSAIL for more information on these programs.

For Doctor of Physical Therapy students, there are opportunities to conduct part of your clinicals abroad in Italy through EduGlobal Associates (<http://www.eduglobalassociates.com/index.html>). Contact Dr. Carrie Hawkins for more information.

## ***Top summer and winter destinations specifically for Exercise Science majors:***

### **Bellarmino PT/EXSC Program in the Dominican Republic**

Organized by the OSAIL and the PT & EXSC Departments with GO Ministries, this program offers students the opportunity to practice their profession in an international environment. This one-week program takes place over Spring Break.

### **Bellarmino Physical Therapy Program in Australia**

Organized by the BU Physical Therapy Department, this two-week program takes place in May and sometimes includes Exercise Therapy students.

### **CCSA**

[www.ccsa.cc](http://www.ccsa.cc)

CCSA offers summer and winter programs in English speaking countries. Students may choose from courses in a variety of disciplines including business.

### **CIEE**

[www.ciee.org](http://www.ciee.org)

CIEE has summer programs in English around the globe. The academic focus will vary by program.

### **KIIS**

[www.kiis.org](http://www.kiis.org)

KIIS offers summer programs in non-English speaking countries. Most are conducted in English. The academic focus will vary by country.





**Australia Exercise  
Science Program  
Perth, Australia**

**Ashley Jefferson, Exercise Science  
major, ISA Internship, Valencia,  
Spain**

Updated spring 2017