

Study Abroad for Exercise Science
University of Limerick, Limerick Ireland
University of Sunderland, Sunderland England

From my observations and discussions with representatives from each university, it appears that the University of Sunderland would provide students greater comfort in knowing that they would be able to take the courses/modules mapped out with their advisor before they leave for the study abroad experience. Several representatives from the University of Limerick suggested that students should arrive there with several backup courses/modules that they would be willing to take in case they are unable to take the courses mapped out for them due to the size and availability of the courses/modules. I was told that students might not know whether they are able to enroll in a course until the week before or of classes. This could result in a stressful situation for students who are on a tight schedule for completion of their degree. As students choose courses/modules for their study at the University of Sunderland, they should make sure that the course that they plan to take occurs over that given semester and does not span the entire year. The student and advisor should consult with representatives from the department at the university before they alter their schedules.

Depending on the each student's situation, here are some suggested courses/modules that students could take during a given semester at the universities (of course General Education Courses could be taken as well):

University of Sunderland

Freshman 2nd semester (spring) (must take BIO 111 1st fall semester):

- ☒ Principles of Sport and Exercise Psychology
- ☒ Principles of Sport and Exercise Biomechanics
- ☒ Principles of Sport and Exercise Anatomy
- ☒ Principles for Sport and Exercise Leadership

Sophomore 1st semester (fall) (BIO 206 would have to be taken over the summer prior to this trip)

- ☒ Sport and Exercise Psychology 1
- ☒ Sport and Exercise Biomechanics 1
- ☒ Research Methods in Sport and Exercise

Junior 1st or 2nd semester (fall or spring)

- ☒ Sport and Exercise Biomechanics 1
- ☒ Research Methods in Sport and Exercise
- ☒ Sport and Exercise Psychology 1
- ☒ Personal Trainer
- ☒ Injuries and Rehabilitation
- ☒ Physical Activity and Exercise for Special Populations
- ☒ Exercise Behaviour Change

Senior 1st (fall) semester only

- ☒ Sport and Exercise Biomechanics 1
- ☒ Research Methods in Sport and Exercise
- ☒ Sport and Exercise Psychology 1
- ☒ Personal Trainer
- ☒ Injuries and Rehabilitation
- ☒ Physical Activity and Exercise for Special Populations
- ☒ Exercise Behaviour Change

University of Limerick

Freshman 2nd semester (spring) (must take BIO 111 1st fall semester):

- ☒ Introduction to Basic Biomechanics
- ☒ Psychological Foundations of Sport and Exercise (should take Psych 101 first semester)

Sophomore 1st semester (fall) (BIO 206 would have to be taken over the summer prior to this trip)

- ☒ Introduction to the Major Physiological Systems
- ☒ Qualitative Biomechanical Analysis
- ☒ Physiology of Muscle in Movement

Junior 1st or 2nd semester (fall or spring)

- ☒ Psychological Foundations of Sport and Exercise (should take Psych 101 first)
- ☒ Introduction to the Major Physiological Systems
- ☒ Qualitative Biomechanical Analysis
- ☒ Physiology of Muscle in Movement
- ☒ Cardiovascular and Pulmonary Responses to Exercise
- ☒ Psychology of Movement
- ☒ Sports Injuries
- ☒ Nutrition, Exercise Metabolism and Sports Performance
- ☒ Analysis of Motor Skill Performance & Learning

Senior 1st (fall) semester only

- ☒ Introduction to the Major Physiological Systems
- ☒ Qualitative Biomechanical Analysis
- ☒ Physiology of Muscle in Movement
- ☒ Nutrition, Exercise Metabolism and Sports Performance
- ☒ Analysis of Motor Skill Performance & Learning
- ☒ Human Performance Evaluation
- ☒ Applied Exercise and Health Psychology
- ☒ Exercise and Health 1