

Health & Exercise Science



Exercise Science/Kinesiology

Global Health

Health Science

Nursing

Nutrition and Food Science

Public Health

Spanish for Health

Sport and Leisure Studies

Interested in learning more about a different health care system or how culture plays a role in sport and exercise?

Study abroad exposes you to the social and cultural context of health, health care, and exercise science. This exposure can help you gain a greater understanding of how people's cultural or social background impacts their perspectives on health and well-being. ISA offers a range of programs with global health courses, allowing you to learn more both in and beyond the classroom.

If you need help finding specific courses that you need to take abroad, visit studiesabroad.com/course-finder and our expert advisors will be in touch with you with some program options!



GET HANDS-ON EXPERIENCE ABROAD

An international internship through ISA can help you stand out in the increasingly competitive job market. Available for a variety of majors, we offer full-time internships (in-person or online!) or add a part-time internship alongside your courses.

Discover internship opportunities available by visiting studiesabroad.com/internships.

COURSES IN ENGLISH UNLESS OTHERWISE NOTED

The following list and chart represent only a sampling of available ISA programs. To get more information on the programs shown, as well as information on all other program options, go to studiesabroad.com.

Health & Exercise Science

FEATURED PROGRAMS

COSTA RICA

San José

Universidad Veritas

- Open to students at all levels of Spanish, this program is an excellent option for those who want to advance their Spanish proficiency while also fulfilling health science credit
- With a "Spanish for Health Professionals" course on offer, this program has been designed for students with a strong interest in global health or inclusivity in health care

- Semester and Summer programs
- ISA Service-Learning and Veritas Christian Study Abroad available
- **Sample Courses:** Holistic Health Approaches • Physical Therapy and Rehab Exercises for Common Sports Injuries • Costa Rican Healthcare and Tropical Medicine

ENGLAND

London

King's College London (KCL)

- King's is ranked joint 31st in the world in the QS World University Rankings 2021
- Summer courses are taught by KCL faculty, who are all experts in their fields
- In addition to offering strong science-based health courses, KCL also offers courses that explore global health and social medicine

- Summer program
- **Sample Courses:** Drug Discovery • Introduction to Bioinformatics • Global Health & Social Justice

Kingston University

- Kingston offers health science courses to visiting students in the following areas: biomedical sciences, human biology, medical biology, nutrition, pharmacology, and sports science and coaching
- Kingston was ranked #1 in London (#7 in the U.K.) in sport science (Guardian league table 2021)

- Semester program
- **Sample Courses:** Human Physiology • The Science and Practice of Coaching • Medical Parasitology

IRELAND

Limerick

University of Limerick

- The Health Sciences & Nursing program at the University of Limerick (UL) offers a comprehensive introduction to Healthcare, Nursing, Physical Education, and Sports Science
- Limerick's summer program offers an exercise science course that allows students to participate in aerobic and anaerobic exercises outdoors on UL's beautiful campus
- There are several dedicated research centers on the campus

- Semester and Summer programs
- **Sample Courses:** Active Body, Active Mind • Discovering Self as a Healthcare Practitioner • Introduction to Midwifery

ITALY

Rome

Università Cattolica del Sacro Cuore, Rome Campus (UCSC)

- Campus has sports facilities (with soccer field, volleyball, tennis, and basketball courts), and a gymnasium
- QS World University Rankings named UCSC as one of the top 200 universities in 10 fields of study

- Summer program
- **Sample Courses:** Global Health and Epidemiology • Health Policy and Management for Universal Coverage

PERU

Lima

Universidad Peruana Cayetano Heredia (UPCH)

- With a concentrated population of 2,000 students, the UPCH specializes in Medicine, Dentistry, Natural Sciences, Public Health, Veterinary, Nursing, Psychology, and Education
- The UPCH was ranked 68th in the QS Latin American University Rankings in 2018, the second highest in Peru
- ISA students in this program partake in field work in the health sector in addition to their studies

- Summer program
- **Sample Courses:** Medical Spanish (taught in Spanish) • Community Medicine Service Learning (taught in Spanish) • Global & Public Health (taught in English)

SOUTH AFRICA

Port Elizabeth

Nelson Mandela University (NMU)

- NMU is an engaged and people-centered university that serves the needs of its diverse communities by contributing to sustainable development through excellent academic courses, research, and service delivery
- Semester program offers a 2-credit Community Service-Learning course
- Summer program gives students a unique opportunity to study the relationship between modern and traditional medicine in South Africa

- Semester and Summer programs
- **Sample Courses:** Advanced Training Theory in Sport Science • Nutrition in Sport and Exercise • African Traditional Healing Systems and Green Medicine

SPAIN

Salamanca

Universidad de Salamanca

- Pursue coursework in health communication, bioethics, and human biology while advancing your studies of the Spanish language
- Health and science courses are instructed primarily in English with some options in Spanish

- Semester program (Health & Medical Sciences program is offered only in the fall)
- ISA Service-Learning available
- **Sample Courses:** Molecular and Cellular Bases of Disease • Human Genetics • Bioethics • Health Communication

Valencia

Universidad Católica de Valencia

- Ranked 10th in Spain and 61st in the 2014 Webometrics Ranking Web of Universities
- Valencia, the "City of Running," offers a long riverside park with a specialized 5K route in Turia Gardens
- Host university internship and service-learning opportunities available

- Semester program
- **Sample Courses:** Nursing Care for Women • Metabolism and Nutrition • Sleeping Disorders

THE NETHERLANDS

Amsterdam

Vrije Universiteit Amsterdam (VU)

- One of the top research universities in the Netherlands
- VU encourages a student-centered teaching style where you will be given opportunities to develop your opinions through creative and critical thinking

- Semester and Summer programs
- **Sample Courses:** Stress and Health • Pathophysiology of Heart and Circulatory System • Global Health

FIND YOUR PROGRAM

| Country | City | Host Institution |
|-----------------|---------------------------|--|
| Argentina | Buenos Aires | Universidad de Belgrano |
| Chile | Valparaíso & Viña del Mar | Pontificia Universidad Católica de Valparaíso |
| Costa Rica | San José | Universidad Veritas |
| England | London | King's College London |
| England | London | Kingston University |
| England | London | Queen Mary, University of London |
| England | London | University of Roehampton |
| England | Reading | University of Reading |
| France | Lille | Université Catholique de Lille |
| Greece | Athens | The American College of Greece |
| Ireland | Dublin | Maynooth University |
| Ireland | Dublin | Trinity College Dublin |
| Ireland | Dublin | University College Dublin |
| Ireland | Galway | National University of Ireland, Galway |
| Ireland | Limerick | University of Limerick |
| Italy | Florence | Florence University of the Arts - The American University of Florence |
| Italy | Rome | Università Cattolica del Sacro Cuore, Rome Campus |
| Peru | Lima | Universidad Peruana Cayetano Heredia |
| Scotland | Glasgow | University of Glasgow |
| Scotland | Stirling | University of Stirling |
| South Africa | Port Elizabeth | Nelson Mandela University |
| Spain | Bilbao | Universidad de Deusto |
| Spain | Granada | Universidad de Granada |
| Spain | Salamanca | Universidad de Salamanca |
| Spain | Seville | ISA Seville Study Center |
| Spain | Seville | Universidad Pablo de Olavide |
| Spain | Valencia | Universidad Católica de Valencia |
| The Netherlands | Amsterdam | Vrije Universiteit Amsterdam |

NOTE: COURSE AVAILABILITIES NOTED ABOVE ARE PRIMARILY IN ENGLISH. MORE COURSES IN THE LOCAL LANGUAGE MAY BE AVAILABLE

| Exercise Science/ Kinesiology | Global Health | Health Science | Nursing | Nutrition and Food Science | Public Health | Spanish for Health | Sport and Leisure Studies | Service-Learning | Veritas Christian Study Abroad |
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THE WORLD AWAITS

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