Approaches to sports and exercise science vary around the world. By studying abroad, you’ll have the opportunity to engage with international faculty and learn different perspectives on Kinesiology while earning credit toward your major or toward general education requirements. Many programs offer internships in a variety of settings, allowing you to expand your professional network and gain practical experience.

Upon graduation, undergraduate students must be prepared to embrace both the challenges and the exciting opportunities of an interconnected world. Studying abroad is a great step towards being able to navigate such an environment in the workforce and in everyday life. You can also develop skills in cross-cultural communication, critical thinking, empathy, and tolerance through an education abroad experience.

Benefits of International Experience for Kinesiology

Student Testimonials

Read a former pre-med student’s (below) blog about her semester in Denmark:
sunriseindenmark.tumblr.com

Top: Meredith Mitchell, IES in Barcelona
Right: UVA students in a skills lab

Academic and Timing Considerations

Due to curriculum sequencing, you should plan early and work closely with your advisor when considering education abroad. Optimal times for studying abroad occur during the third and fourth year when Kinesiology students are fulfilling their major electives and General Education Liberal Arts Core. You should complete Introduction to Kinesiology before studying abroad. Students need to meet with the program coordinator, Sue Saliba, to have courses approved on a case-by-case basis. The form for transfer credit approvals can be found in the UVA education abroad application.

Students who are pursuing a health professional school after UVA should also meet with a University Career Services health-profession advisor. It is not recommended to take pre-health requirements abroad unless they are for direct UVA credit. As a complement to the science coursework you need to take at UVA, you might consider the ways in which you can enhance your academic background with study abroad. There are a number of medically-related programs that may offer students the chance to gain practical experience abroad through clinical observations and learn directly about another country’s healthcare system.

Steps to go abroad

- Get a passport
- Complete the Education Abroad Workshop
- Talk with your department about timing and course requirements
- Meet with an ISO education abroad advisor and explore opportunities
- Learn about funding resources (financial aid, scholarships)
- Research programs and apply online
- Participate in cross-cultural seminars (CORE)

For Kinesiology major or minor course approvals, contact:

Susan Saliba
Associate Professor
saf8u@virginia.edu
203 Memorial Gym
434-243-4033

Make an appt. online with an Education Abroad Advisor according to the country or region of your interest.

International Studies Office
208 Minor Hall
educationabroad.virginia.edu
studyabroad@virginia.edu

Interested in other disciplines? Explore additional major advising sheets online at educationabroad.virginia.edu/your-major
International Opportunities in Kinesiology

This list is a starting point; you are not limited to these options.

Asia
- **Hong Kong**, UVA Exchange: University of Hong Kong
- **Singapore**, UVA Exchange: National University of Singapore

Europe
- **Denmark**, DIS: Medical Practice & Policy
- **Ireland**, UVA Exchange: University College Dublin
- **Ireland**, UVA-UIP: Dublin Internship*
- **Spain**, UVA in Valencia
- **United Kingdom**, UVA Exchange: University of Edinburgh
- **United Kingdom**, UVA in St Andrews: Science for Pre-health Professionals
- **United Kingdom**, IFSA-Butler: University of Ulster

Latin America and Caribbean
- **Guatemala**, UVA in Guatemala: Engineering & Public Health
- **Chile**, IES: Santiago
- **St. Kitts and Nevis**, UVA in St. Kitts and Nevis: West Indies Health Care

Oceania
- **Australia**, EAN: Deakin University*
- **Australia**, IFSA-Butler: Griffith University*
- **Australia**, UVA Exchange: University of Queensland
- **New Zealand**, UVA Exchange: University of Otago

Multiple
- **Semester at Sea**§

*Internship available
§Fieldwork/field study available