

# Study Off Campus in Exercise Science

International and Off-Campus Studies Office  
St. Olaf College

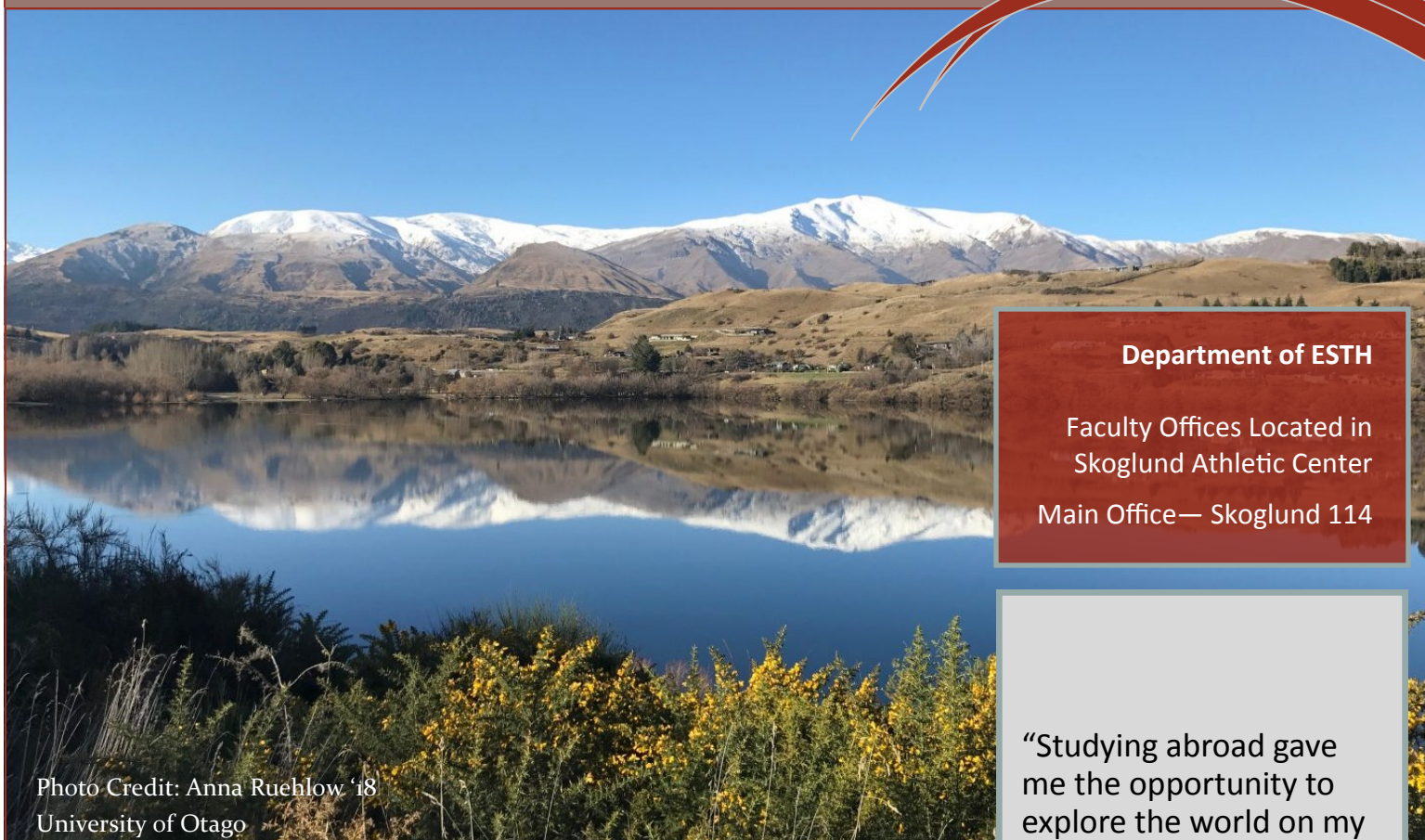


Photo Credit: Anna Ruehlow '18  
University of Otago

## Department of ESTH

Faculty Offices Located in  
Skoglund Athletic Center  
Main Office— Skoglund 114

## Exploring Off-Campus Study Opportunities by Major

A vocational discernment experience is the top-ranked recommendation for our students. In addition to participation in internships and shadowing experiences to achieve this goal, **we highly encourage our majors to study abroad** during their time at St. Olaf College. The flexibility in our curriculum allows this opportunity either during January (Interim) or for a full semester. Students will be exposed to the ways in which other countries study the physiological and functional adaptations to movement. The experiential component of these programs also enhances the students' global perspective and helps them to become responsible and self-sufficient.

“Studying abroad gave me the opportunity to explore the world on my own terms. I was able to chose a destination that allowed me to continue with my major courses as well as experience courses that I never knew existed. Studying abroad also provided a balance between academics and learning to be on my own and how to manage things while traveling .”

-Abby Carpenter '18  
University of Otago

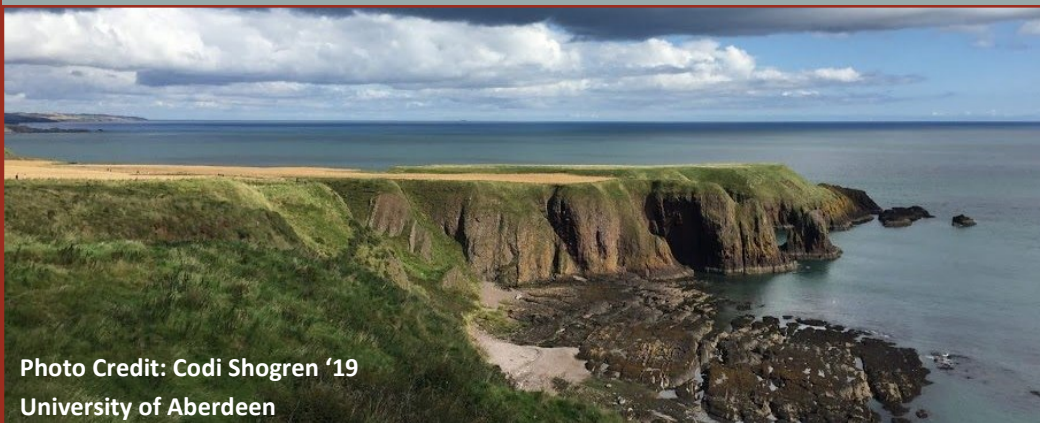


Photo Credit: Codi Shogren '19  
University of Aberdeen

**Exercise Science majors are able to study off-campus on any program! Those looking to receive major credit while off-campus, should first consider the following programs:**



Photo Credit:  
Exercise Science Department

Semester & Year Long Programs in Exercise Science or Sports Medicine (course options will vary greatly depending on the program):

- ◆ Curtin University (Australia)
- ◆ DIS Copenhagen (Denmark)
- ◆ Lancaster University (England)
- ◆ University College Dublin (Ireland)
- ◆ University of Aberdeen (Scotland)
- ◆ University of East Anglia (England)
- ◆ University of Otago (New Zealand)

Interim Programs to Consider:

- ◆ BIO 284—Peruvian Medical Experience

## Application Steps

1. **Investigate programs.** Seek out advising from IOS Staff and Program Advisors. Use this time to better explore program options.
2. **Identify the program(s)** that best fit your interest, your needs, and your academic pursuits.
3. **Complete the IOS Application process.** Faculty Program Advisors review and approve applications for St. Olaf students to apply for and study off-campus.
4. **Complete the Secondary Application process.** This is the process of applying directly to the university or program provider, if your program is hosted off-campus.

**Note:** Scholarships are available for all off-campus study programs.

## For Advising or Application Questions

**Antonia Grant**  
IOS Coordinator  
TOH 380  
507-786-3871  
grant3@stolaf.edu

More information can also be found on our website:

[https://wp.stolaf.edu/  
international/](https://wp.stolaf.edu/international/)