

SUMMER 2019**AUSTRALIA**

www.TEANabroad.org

SPORTS & EXERCISE PSYCHOLOGY IN AUSTRALIA



- Travel through Melbourne, the Gold Coast and Cairns, plus live 2.5 weeks by the beach on the stunning Gold Coast known for its ideal climate.
- Learn from a number of professors and industry leaders, and get an inside look into popular Australian sports - such as rugby, Australian Rules Football, netball, surfing and lawn bowling - through facility visits, professional matches and more.
- Take part in interesting and immersive field trips learning from industry experts and organizations like the Victorian Institute of Sport and professional sports clubs.
- Discover Australia's natural beauty by snorkeling or diving in the Great Barrier Reef, visiting the Currumbin Wildlife Sanctuary, kayaking with dolphins and spotting whales in Byron Bay.
- Experience Cairns, known for its rugged natural beauty, with a free day to explore on your own - visit the ancient Daintree Rainforest, raft the whitewater rapids on the Tully River, or make your way to stunning Fitzroy Island.
- Have the opportunity to do strength and conditioning training with an included gym membership OR take surfing lessons on the Gold Coast OR play golf at local courses OR participate in beach volleyball training sessions. Minimum numbers may apply for certain sports.
- Benefit from access to TEAN's Gold Coast-based Resident Director and other in-country staff for continued support throughout the program.

**EXPLORE FURTHER**

www.TEANABROAD.ORG

**JOIN US ON YOUTUBE!**

www.YOUTUBE.COM/EDABROADNETWORK

**JOIN US ON INSTAGRAM!**

www.INSTAGRAM.COM/TEANABROAD

**JOIN US ON FACEBOOK!**

www.FACEBOOK.COM/EDUCATIONABROADNETWORK

LEARN MORE AT TEANABROAD.ORG/SUMMER

COURSE INFORMATION

SPORT AND EXERCISE PSYCHOLOGY

Combining classroom lectures with a range of field trips, self-study and even sports training opportunities, this course provides students interested in sport and exercise psychology with an overview of the basic theories and principles to understand the psychological and behavioral aspects of sports and exercise within the U.S. and Australian sports industry. The introductory level course is designed for students from a range of disciplines (such as Health Education, Physical Education, Exercise Science, Sports Management, and Coaching & Sports Management) and is relevant for broader health studies or exercise science programs.

Along with exploring applied aspects of sports performance enhancement and mental skills, exercise behavior and motivation, the sociological factors related to health and wellbeing of participants, students will also examine how participating in sports, exercise and physical activities affects the psychological well being of participants, coaches, spectators and fans.

FACULTY

Originally from Australia, Dr. Michael Savage, taught in his homeland for six years before moving to the U.S. with a focus in pedagogy. He has a Ph.D. in Curriculum and Instruction from Purdue University and is currently a Professor of Physical Education in the Department of Kinesiology and the Director of Service Learning at Elmhurst College. With a particular interest in researching Australian and American adolescents' health risk behaviors and best teaching practices for physical education teachers, for this program Dr. Savage combines his familiarity and understanding of both Australian and U.S. sports cultures with his expertise in sports sciences and physical education.

TRANSCRIPTS & CREDITS

Upon completion of the course you will be issued with an Elmhurst College academic transcript. The course is worth 3 U.S. credits. The course consists of 69 hours of class contact time over three weeks comprising field trips, lectures and presentations.

Elmhurst College, located in suburban Chicago, is accredited by the Department of Education of the State of Illinois, and by: The Higher Learning Commission, A Member of the North Central Association of Colleges and Schools.

DATES	SUMMER 2019 FEES
JULY 2019 (3 WEEKS)	\$5,495 WITH SPORTS TRAINING (ESTIMATED)
	\$5,195 WITHOUT SPORTS TRAINING (ESTIMATED)

