

## Eligibility requirements

Exercise and Sport Science students who wish to do an exchange in either Finland or Australia must meet the following requirements.

- Currently majoring and enrolled in Nutrition and Exercise Sciences with an option in Exercise & Sport Science.
- Be in good academic standing
- Cumulative GPA of 3.0 or better
- Completed Human Anatomy/Physiology sequence
- Will have Junior or Senior standing when depart for program

## Estimated costs

Tuition	Regular OSU tuition
Housing	\$150-250/wk
Books/supplies	\$200-400
Airfare	\$1500
Passport	\$85
Visa	\$300-400
Health fees	\$180-300
Incidentals	\$1200-1600
Application fee	\$50
Program fee	\$250

## Program dates

Please visit the website at [www.hhs.oregonstate.edu/students/study-abroad](http://www.hhs.oregonstate.edu/students/study-abroad) for specific dates for this year's exchanges.

### Finland

Fall term:  
September through December  
Spring term:  
January through May

### Sydney, Australia

Semester 1: Mid-February through June  
Semester 2: Mid-July through November



## Important dates

Visit [www.hhs.oregonstate.edu/students/study-abroad](http://www.hhs.oregonstate.edu/students/study-abroad) for specific dates

### Exchange Information Night

Late January – please visit [www.hhs.oregonstate.edu/students/study-abroad](http://www.hhs.oregonstate.edu/students/study-abroad) for exact date and location

### Application and \$50.00 application fee

Mail or hand deliver to 116 Milam Hall

- **Late February** – Finland spring term, Australia (both semesters)
- **Early October** – Finland fall term

### Selection of Candidates

Early March – both programs, all terms

### Application to specific institutions

- Early November – Finland spring term
- Early June – Finland fall term
- Late October – Australia semester 1
- Late March – Australia semester 2

### Passport and Visa

Mid-March - Students accepted for exchange should apply for a passport and visa

**Oregon State** UNIVERSITY | **College of Health and Human Sciences**

[www.hhs.oregonstate.edu](http://www.hhs.oregonstate.edu)

### For more information

Carey Hilbert or Karen Willard  
College of Health and Human Sciences  
Office of Academic Advising and Student Support  
116 Milam Hall • Corvallis, OR 97331  
Phone 541-737-8900 or 888-219-513  
[Carey.Hilbert@oregonstate.edu](mailto:Carey.Hilbert@oregonstate.edu)  
[Karen.Willard@oregonstate.edu](mailto:Karen.Willard@oregonstate.edu)

Study Exercise and Sport Science  
for a semester in

Finland



Jyväskylä

or

Australia



Sydney

Programs for students majoring in  
Nutrition and Exercise Sciences with  
an option in Exercise Sciences.

Collaborative programs between

**Oregon State University**

College of Health and Human Sciences  
Department of Nutrition and Exercise Sciences

&

**University of Jyväskylä in Finland**

&

**University of Sydney, Australia**

## Exchange Opportunities in Exercise & Sport Science

There are two unique and exciting exchange opportunities for OSU students majoring in Exercise and Sport Science. Students may attend the University of Jyväskylä in Finland or the University of Sydney in Australia, both considered outstanding research and teaching institutions in exercise sciences internationally. Modern research facilities provide students with up-to-date equipment and world-wide access to knowledge. National passions for sport and top notch sporting venues make these countries destinations for world class athletes. Beautiful scenery, cultural diversity, and limitless opportunities to expand one's global experiences make these exchange opportunities something not to be missed!

### University of Jyväskylä, Finland Department of Sport & Health Science

Jyväskylä is the only teaching and research university in Finland with a program in Physical Education and Sport Science. It offers curriculum in sport pedagogy, sport and exercise psychology, adapted physical education, dance pedagogy, sports planning and administration, sport sociology, biomechanics, exercise physiology, science of sports coaching and fitness testing, gerontology and public health, physiotherapy, sports medicine, health education, & occupational therapy

*Study abroad is the fastest way to meet 30 good friends from all over the world.... You don't realize how much you can do until you are forced to do it alone in a foreign country.*

Andrea Osterlund  
EXSS - Applied option  
(Med school focus)



Research activities cover the entire human life-span with an emphasis sport culture and physical education culture; aging – especially changes in functional capacity in relation to aging; neuro-muscular mechanisms and adaptation in physical exercise; and research on health promotion and health education.

### Study in Jyväskylä, the heart of Finland

Finland is the seventh largest country in Europe, and after Iceland, the second most northern country. Despite its image as a snowbound landmass, it has temperate and distinct seasons. Jyväskylä is situated in the heart of Finland, approximately 300 km from the capital, Helsinki. It is a city rich with culture and arts, sporting events, education and business.

### University of Sydney, Australia Department of Health Sciences

The University of Sydney faculty in Health Sciences is recognized nationally and internationally for quality teaching and research, and programs provide a solid foundation in both clinical experience and professional knowledge. Undergraduate areas of study include: behavioral health science; exercise and sport science; nutrition; leisure and health; occupational therapy; and physiotherapy.



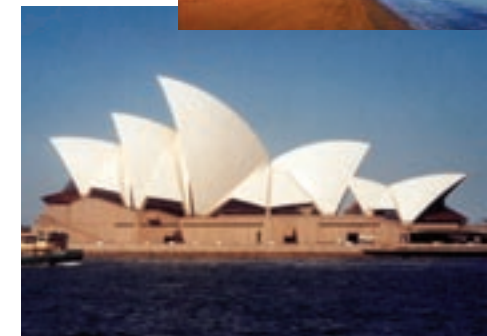
Specifically in Exercise and Sport Science, research focuses on disease and disease risk, biomechanics, sport performance and neuromuscular control.

### Study in Lidcombe, a short train ride from Sydney

Sydney is Australia's oldest and largest city and the business and cultural center of the country. It is located on the spectacular east coast, which is known for superb beaches, an average of 342 sunny days a year, and beautiful natural scenery. Students in the Health Sciences study at the Cumberland Campus in Lidcombe, approximately one hour from downtown Sydney. And, because Australia is on the other side of the equator, our fall is their spring, our winter is their summer!

*My Australian exchange was an unforgettable experience! It challenged me to step outside of my comfort zone and into an amazingly beautiful country with equally beautiful people.*

Erin Wheeler,  
Pre-therapy  
and Allied  
Health option



In addition to these two departmental exchanges, Exercise and Sport Science majors might want to consider two additional programs in Australia – Deakin University in Melbourne and Charles Sturt University in Bathurst. These programs are administered through OSU International Programs.

For more information go to <http://oregonstate.edu/international/> or visit the office in 444 Snell Hall.