



Exercise and Sport Science in Seville

Home to the World Rowing Federation Camps, Seville is the perfect location for exploring subjects like sport psychology and sport nutrition through CEA's Summer program.

While ideal for majors in Exercise & Sport Science, Nutrition, Psychology, and Sport Management, this program is open to all students.

Through this program, students will:

- ▶ Gain knowledge of exercise and sport science in a cultural context;
- ▶ Enhance understanding of the importance of mental and physical preparation in relation to wellness and performance;
- ▶ Develop professionally through activities that explore real-life issues in the field of sport performance.

Coursework is taught at the CEA Seville Center by expert local faculty. Active learning opportunities complement relevant coursework and enrich the cultural experience.

COURSES

Enroll in 1 or 2 courses at the CEA Seville Center. Courses may be taught in English and Spanish.

Select 1–2 core courses:

- ▶ Sport Psychology
- ▶ Nutrition in Exercise and Sports

Or, choose an elective to complement your core course:

- ▶ Intermediate Spanish I
- ▶ Culture of Food & Wine in Spain
- ▶ Cultural Values and Stereotypes: Spain and the U.S.
- ▶ Seville: Culture, Identity, and Citizenship in the City
- ▶ Spanish for Business

PRICE

Starting at \$4,595

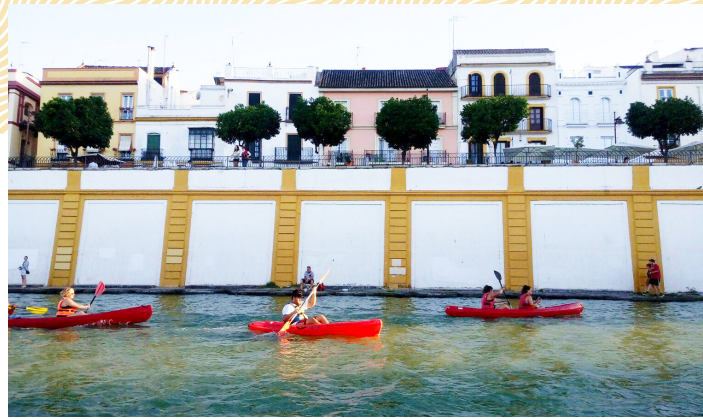
PROGRAM DATES

May 25 – June 19, 2020





CEAR facility tour



Learning outside the classroom



Mediterranean Diet cooking workshop

Learning Beyond the Classroom

CEA offers many active learning opportunities that augment classroom learning. These include seminars and lectures, workshops, language exchanges, and excursions.

EXAMPLES OF SEMINARS

- ▶ *Post-Op Recovery and the Elite Athlete, the Psychological Components:* A look at the emotional and psychological factors involved in making full recovery after surgery.
- ▶ *Life Coaching—The Making of a Professional:* This talk focuses upon athletic success and the importance of the social, emotional, and academic dimensions of athletic life.

EXAMPLES OF COURSE ACTIVITIES

- ▶ *Cooking & Eating for Athletic Performance with a Mediterranean Diet:* Through this cooking workshop, students will learn about local products and spices that act as essential nutrients to support elite athlete performance.
- ▶ *From Our River to Rio:* An inside look at the Centro Especializado de Alto Rendimiento (CEAR), the High-Performance Center for Rowing. Through this introduction, students will learn about the high-performance training facility where diet and nutrition meet psychological preparation to prepare athletes for success.

PLEASE NOTE: These are sample activities offered in previous terms. Most will be offered again. Specific activities for each summer will be finalized prior to the start of the program.

HOUSING OPTIONS

- ▶ Homestay
- ▶ Case de Sevilla
- ▶ Residencia
- ▶ Independent Living

WHAT'S INCLUDED

- ▶ Airport Pick-up
- ▶ On-site Orientation
- ▶ City Tour
- ▶ On-site Staff Support
- ▶ 24/7 Emergency Assistance
- ▶ Wellness Activities
- ▶ Cultural Activities
- ▶ Excursions
- ▶ Pre-Departure Advising
- ▶ Financial Advising
- ▶ Travel Medical Insurance
- ▶ Official Transcript(s)

To see a full list of what's included visit the CEA website: ceaStudyAbroad.com/explore/whats-included/seville

READY TO START?

Discuss program approval and credit transfer with your study abroad advisor. Then, when you're ready, complete a CEA application.

CEA DEADLINES*

Application: April 1

*Check with your Study Abroad Office for your University's deadline.



For more information on CEA's Exercise and Sport Science program in Seville, visit ceaStudyAbroad.com/SportScience or call us at 800.266.4441.