Kinesiology Department’s International Exchange Programs

Emyr Williams Ph.D.
1. Why study abroad?

- **To enhance your education**: Studying abroad will enable you to see things from another perspective, which will in turn help develop your analytical and critical thinking skills.

- **To build your resume**: Studying in another country adds another dimension to your background which will distinguish you from other students.

- **Kinesiology Department Direct Exchange – UWIC & Uni Limerick**

- **The COST**: Basically the expense of studying at the University of Wales Institute Cardiff (Britain) and University of Limerick (Ireland) is comparable to studying at Long Beach State. If you live in the dorms here at CSULB or you rent an Apartment in Long Beach, the cost of studying in Cardiff, Wales should be about the same.
To develop your self awareness - By leaving the familiar behind and encountering different people and places you can gain a better understanding of yourselves and the world around you.

To understand another culture: Living in another culture adds to our understanding of a multicultural world.
Brazil Exchange Program

- Contact Dr. Margaret Costa for information relating to the Brazil exchange program.
- Scholarships are available for this program.
- Comprehension of Portuguese needed
2. Can I afford to participate in the international exchange?

- YES!!!
- Typically, the cost of participating in the exchange program for a semester, is approximately the same as the cost you would incur studying and living in Long Beach for a semester.
- The main difference in cost for you will be the cost of the flight, which is typically around $750 round-trip from LAX to London and around $1,000 LAX to Limerick. You will pay the CSULB registration fees for the spring semester along with dormitory fees.
- If you qualify for financial aid you may apply it to your exchange, however you’ll need to speak to a financial aid counselor about this.
- Cost = Tuition Here + Roundtrip Flight ($750 GB or $1,000 Irl) + Dorm Fees @ $3,500-4,000) + Spending $$ for a semester.
- Note changes in the relative strength or weakness of the $ will effect these approximate costs.

Emyr Williams Ph.D.
3. Will I get credit?

**YES**, for all coursework successfully completed. You will remain registered at CSULB while you’re abroad. All academic work completed during the semester is considered CSULB resident credit. The grades you receive will be converted to CSULB grades when you return to Long Beach.

**Pre-departure advisement:** You will need to carefully plan your schedule prior to departure with your advisor and/or Dr. Emyr Williams.
4. Where are the Exchange Programs?

- **UWIC (Wales) SP only**
  - You will be studying at the University of Wales, Institute, Cardiff (UWIC). Located in Cardiff the capital of Wales.
  - UWIC has a student population of about 7,000 divided among 4 distinct campuses. The Cyncoed Centre campus of the UWIC university is the largest with a student population of about 2,000.
  - Of the 2,000 students attending the UWIC Cyncoed campus 1100+ are KIN majors.

- **UL (Ireland) – SP & FA**
  - The University of Limerick (UL) is an independent, internationally focused university with over 11,000 students and 1,313 staff. The University has a proud record of innovation in education and excellence in research and scholarship.
  - UL offers 72 undergraduate programmes and 103 taught postgraduate programmes across four faculties: Arts, Humanities and Social Sciences; Education and Health Sciences; Kemmy Business School; and Science and Engineering.

Emyr Williams Ph.D.
UWIC - Cyncoed Campus (Google Earth)
The Cyncoed Centre is nationally recognized as center for sporting excellence. (A new indoor track was completed in the fall of 1999, the outdoor track was completed in the spring of 99. Additionally an indoor tennis facility was completed in 1996.)

In addition to UWIC, there are at least 3 other colleges in the city of Cardiff. (University of Cardiff, Medicine School, & College of Music & Drama)

Cardiff has a population of 300,000 and is located 150 miles west of London. By car you can reach London in about 2.5 hours, by train it takes about 1 hour 40 minutes.
University of Limerick Campus
The Physical Education and Sport Science (PESS) department has a high reputation and has been recognized nationally as a leader in the delivery of physical education and sport science programs. The department hosts two undergraduate full time Bachelor of Science programs, Physical Education, and Sport and Exercise Sciences.

The University of Limerick is located on an extensive, green, modern campus that spans both sides of the River Shannon. UL offers outstanding student facilities including five student residential villages, the Glucksman Library, the Irish World Academy of Music and Dance, the Kemmy Business School and purpose-built research centres such as the Materials and Surface Science Institute and the Engineering Research Building.

The University is five kilometres from Limerick city. With a population of 90,000, Limerick is a growing, modern city with a compact and friendly centre. The city is well serviced by a bus and train network and is a 20-minute drive from Shannon International Airport. From sporting and cultural events to nightlife and restaurants, Limerick is an affordable city with something to offer every student.

Emyr Williams Ph.D.
5. What can I study?

- The international exchange program is between the Kinesiology departments of both CSULB and UWIC. Consequently many of the KIN classes that you’d normally take here are also available at UWIC.

- A listing of class equivalents is available from Dr. Williams.

Emyr Williams Ph.D.
CSULB Courses available at UWIC

- KIN 142 Group Exercise: Cardio
- KIN 237 Techniques of Aquatics
- KIN 261 Tech of Fund Rhythms
- KIN 265 Techniques of Gymnastics
- KIN 265 Techniques of Gymnastics
- KIN TECHNIQUE COURSES - A large variety offered at UWIC KIN 265 Techniques of Gymnastics
- KIN 266 Badminton
- KIN 300 Biomechanics
- KIN 301 Exercise Physiology
- KIN 312 Motor Control & Learning
- KIN 315 Motor Development
- KIN 315 Motor Development II
- KIN 320 Adapted Physical Education
- KIN 332I Socio-cultural Dimensions of Sport and Human Movement
- KIN 335 Historical and Cultural Foundations of Sport in America
- KIN 339I Psychology of Sport Behavior and Athletic Performance
- KIN 405 Cardiopulmonary Aspects of Health Related Exercise Prgs
- KIN 457 Teaching Team Sports
- KIN 461 Teaching Individual Sports
- KIN 472 Applied Sport Psychology
- KIN 483 Research Methods
- KIN 495/KIN 497 Independent Study (Approval of Advisor).
- Others??

Emyr Williams Ph.D.
SPRING COURSES
- AT 308
- KIN 265/KIN 250/KIN 251/ KIN 253
- KIN 270
- KIN 300 (3)
- KIN 315 (3)
- KIN 315 (3)
- KIN 339I (3)
- KIN 380
- KIN 460
- KIN 472 (3)

FALL COURSES
- KIN 237 Techniques of Swimming and Other Swim Courses
- KIN 261/KIN 265 Fundamental Rhythms and Techniques of Gymnastics classes
- KIN 261 (2) Fundamental Rhythms
- KIN 268/KIN 237 (3) Techniques of Track and Field & Aquatics
- KIN 270 (3) Professional Practices in Public School Physical Education
- KIN 300 (3) Biomechanics
- KIN 312 (3) Motor Control and Learning
- KIN 320 (3) Adapted Physical Education
- KIN 332I (3) (Capstone) Sociocultural Dimensions of Sport and Human Movement
- KIN 343 Techniques of Physical Fitness
- KIN 460 (2) Applied Theory of Non Traditional Physical Education Games.

Emyr Williams Ph.D.
6. What are my chances of being selected?

- When there are more applicants than places available, the best qualified are selected.
- On average 4 students participate in the exchange with UWIC for the Spring.
- UL exchange is new, I’m looking for 2 students/semester.
- In determining qualifications for the exchange, a number of factors are considered, such as academic record, career goals, etc.,
- Students should have at least a 2.75gpa

Emyr Williams Ph.D.
7. *How do I get more information?*

- Applications can be obtained electronically from Dr. Williams or hard copies outside HS2-207.
  - Dr. Emyr Williams (562-985-7344) or e-mail emyrw@csulb.edu
- Additionally you may have some exchange students from UWIC and Limerick in your classes.
  - You’ll know who they are as they talk funny :-(

Emyr Williams Ph.D.
8. How do I apply

- Application forms will are available now for the spring semester.
- The application form is due back to Dr. Emyr Williams by the date specified on the form. Usually end of September or end of March.
9. When will I know if I’ve been accepted?

.getList

- Normally decisions regarding the exchange students are made prior to the end of the spring semester that you submitted your application.

- (This is depends upon # of UWIC & University of Limerick students who want to come here and vice versa).
When will I leave for Europe?

**UWIC**
- Typically students leave for UWIC the **2nd week of January**.
- Your academic calendar goes from the 2nd week of January to the **first week of June**.
- But there’s a reason for that.

**UL**
- I anticipate students leaving for UL **3rd week of January**.
- 1 week spring break
- Examinations take place at the start of May.

Emyr Williams Ph.D.
11. Will I get the opportunity to travel?

- Yes. In addition to the time you have left after you’ve completed your studies.
- You’ll also have a **3+ week spring break (UWIC)**. Many CSULB UWIC students “do Europe” at this time.
- UL 1 week spring break but final exams are at start of May.
- Cheap Flights around Europe (RyanAir & BMI baby).
- School M-F except Wed afternoon (* UL?).
We're having a great time. The girls from Illinois and Indiana are wonderful. I think we're all staying here for St. Patrick's Day, but will definitely be traveling to Dublin in April! I'd be happy to send you postcards from wherever I end up. I'm going to France, Italy and Spain the last two weeks of March!! Take care and as far as classes go, I think we're all squared away! I'll be in touch!
-Selena
Web Sites Links

**UWIC**
- [http://www3.uwic.ac.uk/english/sport/pages/home.aspx](http://www3.uwic.ac.uk/english/sport/pages/home.aspx)
- Virtual Tour
- [YOU TUBE general Video](https://www.youtube.com)

**University of Limerick**
- [http://www.ul.ie/international/](http://www.ul.ie/international/)
- [YOU TUBE Video Tour of University of Limerick](https://www.youtube.com)
Kinesiology Exchange Programs (UWIC & UL)

Probably the best experience you’ll have in college.