STUDY ABROAD IN CHINA: SPORT AND EXERCISE SCIENCE

Itinerary highlights include:
- Chinese language and culture classes
- Traditional Taichi classes
- Traditional Chinese medicine theory class
- Chinese massage, acupuncture and cupping classes
- Traditional Chinese folk dance class
- Teach English and learn Chinese with Chinese students
- Exercise and play sport with Chinese students
- Visit historical sites (Great Wall, Forbidden City, etc.)
- Visit Olympic Plaza (Bird's nest, water cube, etc.)
- Visit local markets (Silk market, Pearl market, etc.)

APPLICATION DEADLINE: DECEMBER 15, 2017

SPONSORED BY THE DEPARTMENT OF KINSEIOLOGY AND HEALTH

3 SEMESTER HOURS

THE PROGRAM

Study Abroad in China: Sport and Exercise Science provides a unique opportunity to students who are interested in learning an international perspective on sport and exercise science. Participants will experience a two-week cultural immersion at Beijing Sport University, our host university in Beijing and the top university on sport and exercise science in China.

Participants will explore Chinese culture by taking Chinese language and history classes, Taichi classes, and traditional Chinese medicine and massage classes. Participants will also have plenty of opportunities to interact and play sports with Chinese students. In addition, participants will visit historical and cultural sites such as the Great Wall, the Forbidden City, the temple of heaven, and the Olympic Plaza, among others. Participants will learn the similarities and differences in sport/exercise and its cultural influence between China and the U.S., and also study the impact of the Beijing Olympic Games on sport and exercise in China.

ACCOMMODATIONS

Participants will stay in comfortable, double occupancy rooms at the International Student House at Beijing Sport University, our host university in Beijing, China.

DISABILITY ACCOMMODATION

Students with documented disabilities who may need accommodations during their study abroad experience should discuss these needs with the Program Director and the Office of Disability Services at the time of application.

ELIGIBILITY

The program is open to both undergraduate and graduate students in all majors who meet all academic requirements of Georgia State University. Program size is limited and participation is contingent upon acceptance by the Program Director.

CONTACT INFORMATION

Program Director:
Dr. Jianhua (Jerry) Wu

Office address:
Sports Arena G16

Telephone:
404-413-8476

E-mail:
jwu11@gsu.edu

APPLICATION DEADLINE: DECEMBER 15, 2017
CREDITS AND COURSES
Participants who successfully complete the program’s KH3680/KH8680 courses (International experience in sport and exercise science) will receive 3 semester hours of course credit at Georgia State University. Undergraduate students should register for KH3680 and graduate students should register for KH8680. Students from other institutions should follow their institution’s regulations concerning transfer credits.

APPLICATION INFORMATION
Students interested in applying should find this program’s listing at mystudyabroad.gsu.edu and begin an online application. Please see the payment schedule given earlier under Payment Schedule.

Transient Students: Please see Transient Student page at mystudyabroad.gsu.edu under the Explore & Apply tab.

International students at Georgia State who hold F-1 visas must contact the Office of International Students and Scholar Services at 404-413-2070 to discuss possible implications of study abroad for their immigration status.

COST
Program cost may vary at any time according to currency fluctuations and changing travel arrangements.

The program cost is tentatively set at $3,599, PLUS regular Georgia State University tuition and fees. Non-resident/out-of-state students will pay in-state tuition plus a $250 fee in addition to the program cost.

FUNDING AND SCHOLARSHIPS
Georgia State University students are eligible to apply for the IEF Study Abroad Scholarship/Georgia State University Foundation Scholarship and may be eligible to apply for the Global Experience Scholarship. Visit mystudyabroad.gsu.edu and select the Scholarships & Financial Aid tab or call the Study Abroad Programs office at (404) 413-2529 for more information.

Because program size is limited, early application is strongly advised. Individual interviews may be scheduled with students upon receipt of application.

Price Includes
• Round-trip airfare
• All ground transportation, excursions and entrance fees
• All the meals
• Accommodation
• Health/Evacuation/Repatriation insurance
• Chinese visa application fee

Price Does Not Include
• Georgia State tuition and fees
• Passport application fee
• Immunization
• Personal expenses and excess baggage charges

APPLICATION DEADLINE: DECEMBER 15, 2017

Payment Schedule:
December 15, 2017 – $500
January 19, 2018 – $1,500
February 23, 2018 – $1,599 or remaining balance
(all payments are non-refundable upon receipt)
Upcoming GSU and CEHD study abroad events:

1. Drop-in Scholarship Writing Workshop for Study Abroad Programs
   a. Time: 11:30am-1:30pm on Monday September 18, 2017
   b. Location: ECEE Conference Room (CEHD 5th floor)

2. Study abroad scholarship workshop #2
   a. Time: 1:00-2:30pm on Tuesday September 19, 2017
   b. Location: International Center, Dahlberg Hall, 3rd Floor 30 Courtland Street SE, Suite 350

3. Drop-in Scholarship Writing Workshop for Study Abroad Programs
   a. Time: 11:30am-1:30pm on Thursday September 21, 2017
   b. Location: ECEE Conference Room (CEHD 5th floor)

4. Study abroad scholarship workshop #3
   a. Time: 3:00-4:30pm on Wednesday September 27, 2017
   b. Location: International Center, Dahlberg Hall, 3rd Floor 30 Courtland Street SE, Suite 350

5. Spring & Early Summer Gilman International Scholarship (Pell Grant) Deadline
   a. Time: Tuesday October 3, 2017
   b. Location: Office of International Initiatives, GSU Study Abroad Programs

Study Abroad 101 & Advising Schedule
Please direct your initial inquiries about study abroad to the GSU study abroad office at mystudyabroad@gsu.edu
Location: International Center, Dahlberg Hall, 3rd Floor
Phone: 404-413-2529; Fax: 404-413-2531

(1) Study abroad 101 info session
Attending a Study Abroad 101 info session is your first step in studying abroad! Study Abroad 101 info sessions are held twice daily in our office: Monday – Friday at 10:00 AM & 3:00 PM.

(2) Meet with a study abroad advisor
Study Abroad Advisors are here to guide you through the entire study abroad process, from choosing a program and applying to scholarships to making sure your credits transfer in and readjusting to life back on campus when you return. After you attend a Study Abroad 101 session to learn the basics about studying abroad, you are eligible to come in to meet with a Study Abroad Advisor during walk-in advising hours below:

  Monday: Q&A Only – No Advising
  Tuesday: Samia (AM) & Emily (PM)
  Wednesday: Bryan (AM) & Samia (PM)
  Thursday: Bryan (AM) & Emily (PM)
  Friday: Q&A Only – No Advising
Davit was a participant in our study abroad program in 2015 and is being featured at the GSU study abroad website.

Davit – Study Abroad in China: Sport & Exercise Science

Posted On July 28, 2016
Categories Alumni Reflections, China, College of Education & Human Development, Short-Term Faculty-Led Program Reflections, Study Abroad in China: Sport and Exercise Science

As the trip in China was coming to an end, I was able to discuss my experience in this written report. In order to address my thoughts entering a foreign country, I must state the reasons why I considered studying in China. The reason I chose to attend China was because I have always wanted to visit The Great Wall and famous attractions that I have only seen in movies. Growing up in an Asian household, I was raised as a Buddhist and became familiar with Chinese history and folktales as it is much similar to stories my grandmother tells me of the homeland. During the first morning after arriving in Beijing, we were given a campus tour and also a chance to see how advanced their facility was compared to the kinesiology lab at Georgia State University. There, I could find the differences and similarities between Chinese and American exercise science education models.

Learning Chinese was very difficult the first week due to not understanding how to pronounce neutral tones and vowels. Seeing that I am mistaken for being Chinese due to Asian descent, I would often
get annoyed when my group members repetitively ask “do you know how to speak Chinese,” as if I did not answer your question during orientation. I struggled putting sentences together and challenged myself to study my pronunciation when riding on the bus with my Chinese buddy, Kees. He would often laugh at my pronunciation and obnoxious American sense of humor as I would help him pronounce words in English. Instead of laughing with me, Kees could have been laughing at me all along – hey, what are friends for? As the trip came closer to the end, everything started to get ten times better! The food was excellent! I made friends with Purdue University and also interacted with the local students of Beijing Sport University. After meeting my Chinese friend, Gloria, at the welcome party, she was able to help me borrow a bicycle from her roommate. Thankful as I was, we hung out everyday while I was there. During the last night, I was invited to grab Chinese BBQ kabobs with other European and Chinese students who made me wish my program lasted another month. The second week of Chinese language allowed us to cut up Chinese characters that meant “double happiness” which we often saw above the doors as we walked along Nanluogu Xiang. I felt the double happiness when we went to see The Great Wall.

Out of all the sites we visited, I must certainly say that The Great Wall was my favorite. Since I was a young child, my father would take my brothers and I to see martial arts films, which gave me a glimpse of what I was getting myself into. I imagined Beijing to be a huge city with millions of people but I did not expect The Great Wall to be packed as well! There were people shuffling shoulder to shoulder to get up the mountain but I eventually made it through with Kees. What inspired me most was seeing determined elderly men and women continuing the trek to reach the peak. It made me think of my grandmother and wishing she could see the view from the summit. If only I could go back in time after I graduate with a degree in exercise science to help her with rehabilitation for her surgeries. Also, I would use a time machine to sharpen my basketball and volleyball skills to have a fair match against the BSU students who destroyed GSU in both sports.

Sports rehabilitation class taught me stretch tests that I have never heard of. For example, I did not know that once muscles become hypomobilized, it builds pressure on nerves and leads to pain. Also, I did not know that the femoral nerve stretch increases the ROM of the hip, and doing so would repress the pain felt in the lower back. Rehabilitation treatments in China are similar to the states in regards to pain control, stretching tight muscles, performing correct technique for activities, and following the right training intensity. As stated in the previous essay, the Chinese focuses on relaxation and breathing to maintain your inner Qi, whereas the American exercise science educational model focuses on proper technique and actively exercising. In acupuncture class, we learned traditional Chinese medicine methods such as acupuncture, cupping, scraping, and massage to help treat illness and prevent diseases. Most of the ones mentioned are not practiced commonly in America as a national accepted treatment for ill patients. Furthermore, acupuncture was the most challenging method because if your technique was poor while inserting the needle, you may strike a nerve or blood vessel and have painful bleeding. Having the chance to see it performed firsthand opened my mind to not only limit my career to a typical physical therapy clinic but to also consider TCM methods into my practice. If I do not choose to do so, it will not hurt to retain the knowledge of TCM techniques.

In conclusion, I enjoyed the long bus trips and conversations shared with everyone on the trip. Stepping off the plane and walking the streets of Beijing gave me a greater cultural trip than I expected. Meeting and interacting with BSU students who also spoke English made the transition much easier. Language was such a hard barrier to overcome but once I became able to take risks and speak to every stranger I could, I felt more independent. If I were to be afraid and not interact with anyone, I would have been just as disconnected from the stranger as I would if I had not said anything. Every opportunity I had to interact with another foreigner was delightfully taken. I am beyond happy that China was my first foreign country visit because it made me realize the things I was taking for granted back in America: air conditioners, clean air, pedestrian crosswalks, etc. I hope to use the knowledge learned in sports rehabilitation throughout my career.