

Global Public Health and Sports Studies
Summer School 2023



In a world facing significant challenges, the importance of global health, sport and wellbeing has never been so relevant.

At the UCD School of Public Health, Physiotherapy and Sports Science, we are passionate about empowering our people to excel in the promotion of health and wellbeing with market-leading, accredited programmes, outstanding facilities and a world-class research environment.

Our Global Public Health and Sports Studies Summer School 2023 invites undergraduate students from universities around the world to experience what we have to offer and to take a deep dive into global public health and sport and performance science.

### Is the Summer School for you?

If you are an undergraduate student interested in global public health and/or sports and health-related areas and want to learn alongside like-minded individuals in a world-class environment in a vibrant, friendly and safe European capital city, then this summer school is for you.

You may currently be enrolled in a programme such as health sciences, public health, athletic therapy, sports studies, physical therapy, sports psychology, kinesiology, medicine or nutrition.

# Why University College Dublin?

UCD, Ireland's Global University, is ranked within the top 1% of higher education institutions worldwide. With over 37,000 students from 152 countries, UCD is the number one university of choice for international students coming to Ireland. Located just outside Dublin city centre on 133 hectares, the UCD campus offers cutting-edge sports and campus facilities including onsite accommodation, a 50m Olympic swimming pool, a state of the art athletics track, three gyms, all-weather pitches, tennis, basketball and squash courts, five libraries, lakes, peaceful woodland walks, Student Village, Global Lounge, cinema, shops and cafes.



#### **Summer School Overview**

There are two modules in the Summer School and you can choose to take either one or both of them. Via a series of lectures, innovative practical workshops and interactive group learning activities, you will be guided through the most recent research and teachings from a global health and sports and performance perspective, delivered by a team of world-class researchers, teachers and clinical experts. Each module is worth 5 ECTS and we recommend that 3 US credits be awarded for the successful completion of each one.

# Module 1 Sustainable Advancements in Global Public Health (5 ECTS)

Explore key concepts relating to health and sustainable development, including\*:

- Climate and health
- Food, nutrition and malnutrition
- Exercise and physical activity for health and wellness
- Leveraging digital technology for health
- Delivering healthcare services: Perspectives from healthcare professionals
- Pandemic preparedness

#### \* subject to change

# Module 2 Sports Studies (5 ECTS)

Examine sports culture and society, optimisation of human performance and sports management concepts, including\*:

- · Sports events and sustainability
- Psychology of sport
- Nutrition and sports performance
- Science of coaching
- · Optimising sports performance
- · Leveraging technology in sport
- Sports rehabilitation

#### **Social and Cultural**

During your stay in Dublin, you will have the opportunity to experience Irish society, culture, and sporting traditions. You will get the chance to try out Gaelic games, take a stadium tour of Croke Park and browse in the Gaelic Athletics Association (GAA) museum. You will learn about sustainable food practices at Airfield Estate, Dublin's only urban working farm and gardens. In addition, you will visit Glendalough, the beautiful 'valley of the two lakes' and home to one of the most important monastic sites in Ireland. Your weekends are free for you to explore all that Ireland has to offer.



# **Apply**

Apply at www.ucd.ie/apply by 31 March 2023.

Click on the 'Apply to UCD' button and create a new account. Once your account is created, select 'Course Finder' and search for and select 'Global Public Health and Sports Studies Summer School' (CT60). Please ensure you complete all of the required information.

Offers will be made on a rolling basis and applications will close when the course reaches capacity.

## Requirements

The minimum GPA requirement is 3.0.

As part of the online application process, you will be required to upload a copy of your passport, an academic reference and a transcript of your academic record to date.

Applicants must be over 18 years of age.

Applicants whose first language is not English must provide proof of proficiency in English by way of an IELTS or TOEFL certificate.

#### Cost

The cost per module (5 ECTS) is €1,500 which includes tuition, social and cultural events.

#### **Accommodation**

On-campus accommodation is available on a first come, first served basis for an additional cost. Accommodation consists of individual bedrooms with private ensuite bathroom. Students have access to generously sized shared kitchens and living rooms, where they can mingle and socialise with other students in a friendly, relaxed environment. Students will receive further information regarding the accommodation booking procedure after the application deadline of 31 March 2023 and upon acceptance to the programme.

#### **Contact Us**

For further information, see www.ucd.ie/phpss/about/summerschool

or contact:

Ruben Collins, Summer School Administrator t: +353 1 716 3478 e: sphpss.summerschool@ucd.ie



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