

HES IN RIO Spring Break 2018



Rio aerial view

Professors Debra and Michael Bemben from the Department of Health and Exercise Science have designed a new program that offers students the opportunity to spend spring break in Rio de Janeiro studying physical activity and aging. OU's Center in Rio provides a perfect location for the group to make the most of its time in this unique city. Although participants will be in Rio a short time, they will experience much of what the city offers.

The program combines classroom time with excursions and guest lecturers that complement the academic content. In addition to classes, the program includes visits to the Christ statue, Sugar Loaf, a coffee plantation, some of the beaches, the Museum of Tomorrow, and the botanical garden. Other activities are a local foods cooking class, an exercise class on the beach, and a lesson in *capoeira*, a Brazilian martial arts form.

Because of the short time abroad, the class will meet three times during the spring semester before the departure for Brazil. The course, Physical Activity and Aging, will discuss general concepts of aging and the various theories associated with the aging process, as well as the age-expected changes in skeletal muscle, nerve,

bone and body composition, exercise programming concerns for the aged, and possible benefits of exercise and nutrition during aging.

Students live in a hostel in Rio that OU has approved for this purpose, sharing rooms with others of the same gender. One meal a day is included in the program cost, with students paying for the remaining meals at various local restaurants.

Participants need to check with a health care professional about recommended vaccinations. It is each student's responsibility to do this well in advance of the departure date to ensure enough time to complete the process. Goddard Health Center on campus is an easily accessible location for this. Although appointments are necessary and there is a cost for each vaccination, students usually are not charged for an office visit in this situation.

All participants must leave from and return to the Oklahoma City Will Rogers International Airport. More details about flights will be provided after acceptance into the program.

Applications are accepted on a first-come, first-served basis. Because of the early December 7th deadline, students should meet with [Karen Elmore](#) and attend a Study Abroad 101 session as soon as possible. Both are required components of the application.



Ipanema beach