

Experience Colorado

Study Away Summer 2026

EXS3880 Applied Exercise Science **4 credit hours**

Have you ever wondered how elite Olympic athletes reach peak performance? In this course, you'll explore the science of sport, from exercise physiology to biomechanics, by comparing untrained, trained, and elite athletes. You'll uncover why the majority of accredited sports performance facilities are located in Colorado and study how high-altitude training impacts the human body. You'll also learn recovery techniques and the differences between training aerobic and anaerobic athletes. By the end, you'll have an inside look at how science fuels athletic success at the highest level.



Course dates:

Mondays, Wednesdays,
and Fridays
May 11–15 and 25–29, 2026
9:30 a.m.–12:30 p.m.



Travel dates:

May 17–23, 2026



Travel costs: \$2,300

Includes: airfare, lodging,
ground transportation,
excursions, and all meals.

Trip Highlights

- » U.S. Olympic and Paralympic Training Center
- » Garden of the Gods
- » Colorado Rockies Game
- » Manitou Incline Hike



INTERESTED IN TRAVELING FOR CREDIT IN 2026?

To participate in a Study Away course, interested students should:



Meet with the instructor and secure permission.



Meet with Mary Tarling, the Director of Global Engagement, in Institute 303 to discuss questions and secure permission.



Review and sign the Study Away Payment Agreement and Pre-Registration Request Form.



Submit the \$500 deposit to Student Accounts by December 5, 2025.



Be registered for the course by the Registrar after the deposit is received.



Pay the remaining balance by February 11, 2026.



CONTACT INFORMATION

Course and Itinerary Questions

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General Study Away Questions

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