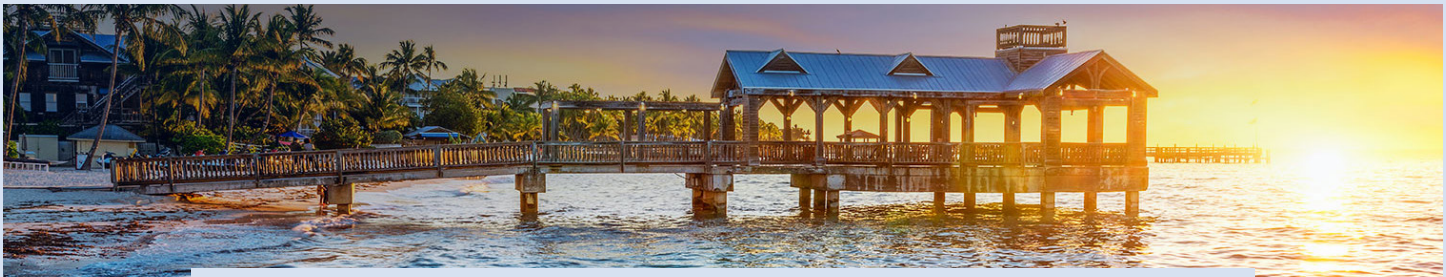
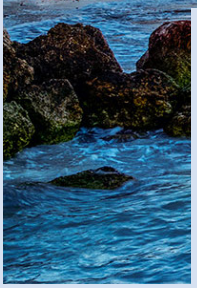
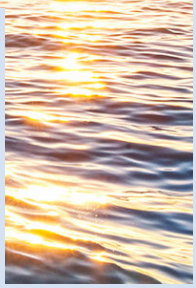




Key West, FL

EXSC 3930

Exercise in Paradise: Health Behavior Change in Key West



Details

7 days travel at $2,675 plus tuition
3 Credit Hours
Instructed by: Dr. Daniel Czech
Travel dates: January 10-17, 2027
Priority Application Deadline: September 30, 2026

Students will:

- Develop a personalized 6-week strength and conditioning program based on individual fitness goals and needs analysis.
- Explore principles of healthy eating, meal planning, and mindful nutrition through hands-on workshops and daily practice.
- Understand how stress, psycho-social health, and behavior change strategies impact lifelong wellness.
- Gain competency in beach volley-ball skills, rules, and techniques alongside aerobic and anaerobic conditioning.
- Examine the cultural and historical significance of Key West through guided excursions to literary land-marks, museums, and maritime sites.

Who should go?

No prerequisites. Open to students in all majors. Designed for students interested in: health and wellness, exercise science and fitness, healthy eating, beach and water sports, outdoor recreation and adventure, sport psychology and behavior change, cultural history and travel.

Prior to Departure

On-campus: Oct 26 & Dec 2, 2026. Meet with your Ole Miss instructor and fellow classmates on the Oxford campus for an in-person orientation and a pre-departure class meeting.

During Travel

Students make their own travel arrangements to and from the destination. Study USA arranges any ground transportation required during the travel dates. Shared accommodations will be provided on Key West, offering a convenient base for your stay. Your instructor will share exact meeting times and locations before travel and will be available to you leading up to the course through Blackboard. Students may have their airfare billed to their bursar account. You'll receive details upon course enrollment.

Costs

$2,675 plus tuition. The program fee includes local transportation during course, lodging/accommodation during travel, select group meals, and daily activities listed in itinerary. Not included is airfare to and from destination, tuition, most meals at travel site, and personal spending money.

Once accepted to a program, the student accepts financial responsibility for Study USA program fees and tuition and must adhere to the application and withdrawal policy.

Itinerary subject to change. Students should wait to make travel arrangements until after confirming dates and times with instructors

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Visit **outreach.olemiss.edu/study_usa** for application information