

HUMAN PERFORMANCE AND WELLNESS (HPW)

HPW 180 Introduction to Health and Wellness - 3 Hours

The study of the quality of life involving dynamic interaction and interdependence among the individual's well being, mental, and emotional reactions, and the social complex in which the individual exists. Coursework includes theory of health, mental and emotional health, prevention and control of disease, nutrition, substance use and abuse, accident prevention and safety, community health, environmental health, and family life education. Includes laboratory and personal application experiences. Instructional fee for Deerfield traditional undergraduates. Offered each semester for Deerfield traditional undergraduate; other modes as scheduled. Delivery mode: Deerfield traditional undergraduate, Florida undergraduate, online.

HPW 190 Foundations of Human Performance and Wellness - 3 Hours

A study of the social, biological, and psychological foundations of health and human performance, relative to the total fitness, sport, or wellness setting. Emphasizes historical, philosophical, cultural and ethical aspects of health and human performance. Becoming active at the local, state and national levels will be explored. A minimum of ten hours of field experience is required. This course is open to majors and minors in the Department of Health Science only or by consent of the instructor. Offered spring semester for Deerfield traditional undergraduate; other modes as scheduled. Delivery mode: Deerfield traditional undergraduate and Florida undergraduate.

HPW 220 Practicum in Sport and Wellness Management - 3 Hours

Course designed to provide professional observation and experience in the area of Sport and Wellness Management. Assignments, project management opportunities, and skill applications are performed with dual guidance, supervision, and evaluation of a practicing on-site professional and a Human Performance and Wellness faculty member. Assignments, reports, and presentations are required at weekly meetings. The course may be taken three times with different assignments. First assignment is a required human performance laboratory practicum. Completion of this course with a "B" or better is required to pursue the Internship route. Open to Sport and Wellness Management majors or by consent of instructor. Prerequisites: HPW 180, HPW 190 or HS 162 and HS 165. Offered fall semester for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPW 221 Off-Season Camping Practicum - 1 Hour

On-site observations and experiences related to camp operations outside of the summer program, gaining perspective relating to a year-round operation. Prerequisites: Current Community First Aid and CPR certification (or acceptable equivalent). Additional fee. Delivery mode: Deerfield traditional undergraduate.

HPW 224 Team Sports - 3 Hours

Theory, technique, and skills of coaching and teaching various sports of a team nature. Emphasis is placed on rules, etiquette, strategies, and the development of fundamental skills through instruction and practice. Instructional and motivational methods are applied and evaluated in a lab teaching situation. Students will have the opportunity to study and complete the American Sport Education Program (ASEP) Coaching Principles and Sport First Aid certification exams. This ASEP coaching certification is required to be able to coach in Illinois. Open to majors and minors in the Department of Health Science only or by consent of instructor. Prerequisite: Current Community First Aid and CPR certification (or acceptable equivalent). Offered fall semester in even-numbered years for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPW 228X Sport and Wellness Psychology - 3 Hours

A study of the psychological and mental factors that influence and are influenced by participation and performance in sport, exercise, and physical activity, and the application of the knowledge gained through this study to everyday settings. Prerequisite: PSY 140 or ED 260. Cross listed with PSY 228X. Offered spring semester for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPW 250 Special Topics - 1-4 Hours

Selected topics in Human Performance and Wellness. May be repeated for credit with different topics. Prerequisite: HPW 190 or consent of instructor. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPW 320 Sports Operations - 3 Hours

This course provides a systems approach to facility management. The focus will include elements of design and development as it relates to facilities and special events. Trends in facility operations, scheduling, purchasing, equipment, maintenance, and evaluative techniques will be explored. It is designed to provide students with an overview of facility planning and design, operations and event management. Offered spring of even-numbered years for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPW 333 Adventure Education - 3 Hours

Theory, technique, skills, and risk management for leading and teaching adventure learning activities. Emphasis will be placed on the responsibility and efficient engagement of physical, environmental, and human resources. Limited to Human Performance and Wellness majors and Bible and Ministry majors, Ministry Emphasis or by consent of instructor. Prerequisite: current Community First Aid and CPR certification (or acceptable equivalent). Additional fee. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPW 334 Management of Sport and Wellness - 3 Hours

Programming philosophy, theories, and principles for designing, conducting, and evaluating recreational programming for a variety of delivery systems including fitness, instructional, informal, camps, outdoor adventure, intramural, and extramural sport. Emphasis is placed on managing risk within the movement setting and leading for total personal development. Offered fall semester of odd-numbered years for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPW 430 Sports Law and Ethics - 3 Hours

This course provides a foundation for general legal concepts and familiarizes students with those legal issues they are most likely to encounter as coaches and managers in the sports industry. Topics covered include tort law, negligence, acts and amendments, contracts, compliance with codes and regulations, and the influence of current state and federal legislation. The class will deal with how a biblical worldview defines and drives the choices faced in sport while examining lawsuits and case studies that have established current laws and regulations. Offered fall of even-numbered years for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPW 446 Field Internship - 1-12 Hours

Work experience in an applied field under the dual supervision of a Human Performance and Wellness faculty member and a practicing on-site professional. Prerequisites: senior status, completion of all pre-professional coursework, departmental approval, and current Community First Aid and CPR certification (or acceptable equivalent). Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPW 450 Independent Study - 1-4 Hours

Research and specialized studies designed to meet the needs of the individual student. Prerequisite: Consent of the instructor. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPW 490 Seminar in Human Performance and Wellness - 1 Hour

A capstone course for the majors focusing on current issues and problems relating to ethics within the profession. Applications of theory, with practice, will be emphasized. Prerequisite: senior standing. This course fulfills the IDS 499X Integrative Thought Capstone requirements for students in the Sport and Wellness Management major. Offered spring semester for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPW 498 Professional Experience - 0-1 Hours

A supervised experience in one or more professional environment(s) which demonstrates the student's ability to relate knowledge and skills developed in the major to practical tasks in the workplace, graduate school, or professional school. Requires at least 45 clock hours of prepared, supervised, and evaluated experience which demonstrates practical application of major-related knowledge and skills. The professional experience must have prior approval by the department. Offered each semester for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.