

HUMAN PERFORMANCE AND WELLNESS (HPWA)

HPWA 100 Intercollegiate Team Activity - 1 Hour

A student athlete may earn one human performance and wellness activity credit by successfully participating in one season on an intercollegiate athletic team. May be repeated for credit in a different intercollegiate sport. Credit given in the semester the season ends. Delivery mode: Deerfield traditional undergraduate.

HPWA 103 Conditioning Aerobics - 1 Hour

Development of cardiovascular fitness through aerobic rhythms, conditioning activities, and continuous exercise modes. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 104 Beginning Weight Training - 1 Hour

An emphasis on strength and muscular endurance training of the major muscle groups using scientific principles for safe and efficient weight lifting. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 105 Beginning Tennis - 1 Hour

Instruction and practice designed for the beginning player in the rules, etiquette, singles and doubles strategies, and basic strokes of tennis. The serve, forehand, and backhand will be emphasized with additional instruction in the lob, volley, and overhead. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 106 Bicycling - 1 Hour

An introduction to cycling and bicycle touring covering basic performance skills, safety, maintenance, and group trip touring. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 107 Beginning Racquetball - 1 Hour

Instruction and practice designed for the beginning player in the rules, etiquette, strategies, and basic skills of racquetball. The course utilizes a variety of drills and variations of the game to develop individual and doubles skills. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 108 Racquet Sports - 1 Hour

A course offering an introduction to a variety of racquet sports. Rules, etiquette, strategies, and basic skills of badminton, pickleball, and tennis will be emphasized. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 109 Lifeguard Training - 1 Hour

American Red Cross certification course covering elementary assist and rescue skills, swimming rescues, defenses, skin diving, spinal injury management, equipment rescues, selection and training of lifeguards, preventive lifeguarding, emergency procedures and action plans, records, and health and sanitation. The course is provided by a local park or school district with which Trinity has an agreement. The student pays a fee directly to the district. Transportation is not provided. Prerequisites: current Community First Aid and CPR certification (or acceptable equivalent). Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 110 Self-Defense - 1 Hour

Development of the awareness and basic skills necessary for protection and self-defense. Focus on observational and non-confrontational skills used to prevent or postpone physical aggression. Development of competency in the use of physical defense measures needed when prevention fails. Offered on demand for Deerfield traditional undergraduate. (See catalog policy under "Advanced Standing" regarding credit equivalency for military basic training.) Delivery mode: Deerfield traditional undergraduate.

HPWA 112 Hiking - 1 Hour

Course designed for the recreational walker, emphasizing cardiovascular fitness, etiquette, map reading and orienteering, trip planning, and environmental issues. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 113 Beginning Basketball - 1 Hour

Instruction and practice designed for the beginning player in the rules, etiquette, offensive and defensive strategies, and the basic skills of basketball. The course will utilize a variety of drills and variations of the game to develop individual and team skills. Not open to intercollegiate basketball players. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 114 Power Volleyball - 1 Hour

Individual and team skills and techniques involved in volleyball as a recreational sport. Rules, etiquette, strategy, and formations, as well as leadership skills for conducting recreational and intramural contests. Not open to intercollegiate volleyball players. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 115 Field Sports - 1 Hour

A course offering an introduction to a variety of field sports. Rules, etiquette, strategies, and basic skills of flag football, soccer, and speedball will be emphasized. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 116 Beginning Softball - 1 Hour

Instruction and practice designed for the beginning player in the rules, etiquette, strategies, and basic skills of softball, as well as leadership skills for conducting recreational and intramural contests. The course utilizes a variety of drills and variations of the game to develop individual and team skills. Not open to intercollegiate softball or baseball players. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 117 Beginning Soccer - 1 Hour

Instruction and practice designed for the beginning player in the rules, etiquette, strategies, basic skills, and teaching progressions for soccer. Both indoor soccer/futsal and the outdoor game will be discussed and taught. Not open to intercollegiate soccer players. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 118 Fencing - 1 Hour

This course will introduce the student to Modern Sport Sabre Fencing. Instruction will include: footwork, bladework, bouting, as well as refereeing sabre matches. Students will also be exposed to the other modern fencing weapons as well as other formats of fencing including Historical European Martial Arts (HEMA) and Kendo. Course fee. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.

HPWA 204 Advanced Weight Training - 1 Hour

Teaches students how to identify, describe, execute, and progress more advanced resistance training exercises for upper extremity, lower extremity, and trunk progressing to discussion of the common Olympic lifts. In addition to understanding proper execution and spotting techniques, basic instructional techniques for a variety of exercises will also be developed. Prerequisites: HPWA 104 or consent of instructor. Offered on demand for Deerfield traditional undergraduate. Delivery mode: Deerfield traditional undergraduate.