

COURSE DESCRIPTIONS

- HPW 300B Swim Instructor Certification 2 CREDITS**
This American Red Cross Water Safety Instructor course trains instructor candidates to teach courses and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. Successful candidates are eligible to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, three adult-focused courses as well as the Basic Water Rescue and Personal Water Safety courses and more. Participants must be at least 16 years of age and be proficient swimmers.
- HPW 300M Sustainable Sustenance 2 CREDITS**
No single lifestyle choice has a more immediate, lasting and significant impact on the environment than our dietary choices. This course examines the ways in which conscious eating makes a personal and global difference. Through research, discussion, shared meals, and practical meal preparation, we will explore how to transform our diets for personal, community, and planetary health. We will be sharing eight meals together. All dietary preferences welcome. Course fee is \$95.
- HPW 300N Tools for Creating Lifelong Wellness 2 CREDITS**
This class will teach students how to define and apply physical, mental and emotional wellness in their lives. We will take an in-depth look into what wellness is on a micro and macro level. Additionally, we will discover wellness as a process and goal for self-exploration and as a tool for enhancing the communities in which we live. Through study, discussion and hands-on practice, each participant will develop their own plan for lifelong wellbeing.
- HPW 103 Strength Training 1 CREDIT**
This course serves as an introduction to progressive resistance training on machines and free weights and development of an individualized strength training program. Safety, etiquette, and proper technique are emphasized. This course is repeatable for credit.
- HPW 110 First Aid/CPR/AED for Schools and Comm 1 CREDIT**
This course helps program participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies. The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. This class offers a choice of first aid, CPR, and AED courses to meet the various training needs of a diverse audience. This class has an associated class fee.
- HPW 152 Downhill Skiing and Snowboarding 1 CREDIT**
This course is designed for beginner to advanced skiers and snowboarders. Classes are divided based on current abilities. Full area lift passes are included on the days classes are held. The course includes instruction on safety, technique, and winter sports fitness. An additional fee is payable to, and at, Brighton. Students are responsible for providing their own equipment. (NOTE: Many ski/snowboard shops provide seasonal rental equipment.) The course requires attendance of 8 on-hill lessons lasting 2.25 hours. Following each lesson students are required to practice for a minimum of 1.5 hours. there is a written assignment at the end of the final lesson. This course is repeatable for credit.
- HPW 156 Exploring Wasatch Mountain Paths 2 CREDITS**
Students will utilize the power of nature to explore their inner selves through hiking, snowshoeing, and cross country skiing in the Wasatch-Cache National Forest, Millcreek, Big Cottonwood and Little Cottonwood Canyons. Hikes and snowshoeing will include paths to a variety of lakes or peaks, generally gaining 2,000 vertical feet over 3 miles, and cross-country skiing will take place at several different venues. Our mountain journeys will focus on increasing overall well-being--physical, mental, psychological and spiritual--through meeting the physical challenge in these inspirational settings.
- HPW 190 Varsity Athletics 1 CREDIT**
Activity course for student-athletes chosen to compete in Westminster College varsity athletics. This course is specifically designed for students participating on varsity teams. Students will benefit from training under a professional coach and from the opportunity to participate in athletics. This course is repeatable for credit.
- HPW 215 Flexibility for Life and Sport 1 CREDIT**
Students become more educated in the area of flexibility and stretching and gain knowledge in how it can benefit their fitness regimen and daily lives. The course enables students to learn the knowledge and skills necessary to help maintain flexibility levels and increase flexibility. Flexibility for Life and Sport is adaptable to meet the various needs and limitations of course participants. This course is repeatable for credit.
- HPW 220 Yoga for Wellness 2 CREDITS**
This course is designed to help students discover the benefits of regular yoga practice and develop a personal practice that can be continued beyond this class. Students will study the history and philosophy of yoga and the practical skills of pose work. Most classes will be devoted to understanding beneficial moving and breathing principles. Students will be encouraged to expand their practice beyond the mat, and bring increased awareness into their lives. Reading and reflective journaling will assist this process. Students will be guided to adapt yoga poses to their needs on a daily basis. Relaxation is part of the daily curriculum; as students strengthen their ability to fully rest, learning is absorbed and students become better students. Students will be required to develop a plan for their personal yoga practice. This course is repeatable for credit.
- HPW 226 Beginning-Intermediate Ballet 2 CREDITS**
Emphasis for this course is on understanding correct ballet terminology, movement, body placement, muscle development, and flexibility. This class focuses on strength, flexibility, coordination, alignment and basic ballet fundamentals. Students will learn names of positions and dance movements, as they move through barre, dancing center work and dance progressions which include basic turns, jumps and leaps. Students will also learn the general history of ballet and how it is relevant for today.
- HPW 230 Beginning Dance and Movement 2 CREDITS**
An introduction to the basic elements of movement and dance. Explores body alignment, core support, weight, momentum, movement quality, connectivity, and more in relation to time, space, and energy. The class is structured as a series of dance sequences and designed to carry over into every day practice.
- HPW 235 Belly Dance Basics 1 CREDIT**
Uses Middle Eastern dance in a low impact cardio workout to stretch and strengthen muscles, especially core. It can help improve posture and increase concentration while having fun. This class encourages lifetime health and wellness.
- HPW 250 Wellness for Life 2 CREDITS**
This course empowers students to adopt healthy lifestyles. Concepts presented explore the mind, body, and spirit. Covering all areas of wellness; emotional, spiritual, physical, intellectual, and social encouraging students to make wise decisions about their health.
- HPW 255 Foundations of Sports Management 4 CREDITS**
This course provides an overview of general principles and practices of the sport industry, covering all facets of sport management, including leadership, sociology, marketing, legal aspects, finance and governance, in both professional and amateur sports settings. Discussion may involve necessary professional skills and attitudes of sports managers, as well as the manner in which the globalization of sport continues to affect the sport management professions. Students learn and understand those unique aspects of sport management that distinguish it from other management fields. Students gain an increased awareness of various career opportunities in the sport industry.
- HPW 260 Psychological Aspects of Performance and Well-Being 2 CREDITS**
The course is designed to provide a deeper understanding of developing theories in "positive psychology," and practical application techniques that apply to students, managers, athletes, and others, in an effort to maximize potential in individuals and inspire optimal living. Participants will read inspirational and informative literature, learn and practice mental training techniques, and examine their perception of the world and their "self" on a deep level. Through reflective assignments and life-specific projects, the course provides an opportunity to make profound positive personal change. Furthermore, with continued engagement in positive and meaningful living, people are able to influence and guide the institutions and world in which they function.

HPW 270 Beginning SCUBA Diving 1 CREDIT
Beginning Scuba Diving introduces students to the joy and excitement of scuba diving. Through home study, class sessions and pool sessions, you will learn the essential information to scuba dive safely in a swimming pool. After the initial classes at Dive Utah, you can choose to complete Open Water training at the Homestead Crater in Midway and complete your PADI Open Water Diver certification. This prestigious certification is internationally recognized and will allow you a lifetime of scuba enjoyment.

HPW 300 Special Topics in HPW 1 to 4 CREDITS
The exploration of issues, problems, and innovations in Human Performance and Wellness. Prerequisites will vary with course content.

HPW 301 Lifeguard Certification 2 CREDITS
Lifeguarding Certification teaches participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and to prevent drowning and injuries. Upon successful completion of the requirements of the course, the student will receive American Red Cross Lifeguarding and First Aid certification along with CPR/AED for lifeguard certification. This class has an associated class fee.

HPW 315 Meditation As Environmental Study 2 CREDITS
This is an experiential course in mindful awareness practice, also known as "insight meditation" or "vipassana." The practice of meditation has much in common with appreciation of and advocacy for the natural environment. Meditation practice both inspires and is inspired by our relationships to the natural environment. From the Gaia principle to Gandhian civil disobedience, nature inspires activism and creative problem solving, as much as it offers solace and comfort to a body, mind, and spirit wearied by "fighting the good fight." In-class meditation instruction, practice, and discussion will focus on the relationships between various meditative experiences and issues of the natural environment, supplemented by weekly readings. Sitting, walking, mantra, visualization, and other meditation tactics will be covered.

HPW 320 Pilates for Wellness 2 CREDITS
This course helps students discover the benefits of regular Pilates practice and develop a personal practice that can be continued beyond this class. Students will learn the history behind Pilates and its practical application to daily movement and living. The Pilates principles and muscle functions for the exercises will be addressed. Students will have assigned reading and will learn names and variations of exercises, proper alignment, breath and form associated with each exercise. A journal is required to keep track of experience and progress. This course is repeatable for credit.

HPW 325 Introduction to Athletic Training 3 CREDITS
This course examines the athletic trainer's role in sports medicine, mechanisms of athletic injuries, tissue response to injury, and introductory techniques of the assessment and evaluation of athletic injuries and emergency procedures. Further topics include blood-borne pathogens, general illnesses common to athletes, and dermatological conditions. Course methodology includes lecture, discussion, and hands-on application. A course fee of \$10 is required for athletic training supplies.

HPW 345 Sports Law and Ethics 4 CREDITS
This this course provides a focused overview of legal principles and ethical issues in sports, touching on all levels including recreational, secondary school, collegiate and professional sports. It covers the different fields of law and the broad issues involved in sports law, such as contract, labor law, tort, antitrust laws, the athlete/agent relationship, intellectual property, risk management, and development of relationships between leagues, teams, athletes, agents, television, media, advertisers and fans. The course also covers the necessity and practice of ethical decision-making in the sports environment. Prerequisite: HPW 255

HPW 350 Nutrition for HPW 2 CREDITS
This course focuses on nutrient metabolism, nutrition science, and exercise physiology as it applies to sports performance, exercise, and health. Topics may include the following: the role of carbohydrates, protein, lipids, water, and vitamins and minerals in human nutrition; the relationship of nutrition to maintenance of health and prevention of disease; or the role of nutrition in weight control, exercise and sport.

HPW 360 College Athletic Administration 4 CREDITS
This course will address the unique and focused area of collegiate athletic administration, which allows students to apply knowledge from their previous courses and address topics such as Title IX compliance, fundraising,

NCAA regulations, university communications, and other applicable areas. Administration topics will be discussed, such as budgeting, human resource management, facilities, and legal issues.

HPW 370 Advanced SCUBA 1 CREDIT
Advanced SCUBA Diving is designed to introduce students to advanced SCUBA techniques which will allow students to both explore more difficult terrain and to learn advanced safety procedures. Through home study, class sessions and pool sessions, students will learn about five advanced areas of diving. Successful completion of the five learning modules and training dives will certify the student as a PADI advanced Open Water Diver which is a prestigious certification that is recognized internationally. Completion of this advanced training will allow a student if they choose to move forward in their dive training to learn rescue diving techniques.

HPW 401 Directed Studies 1 to 4 CREDITS
A tutorial-based course used only for student-initiated proposals for intensive individual study of topics not otherwise offered. This course is repeatable for credit.

HPW 440 Sports Management Internship 1 to 6 CREDITS
Students receive credit for meeting pre-arranged objectives while working for a company or non-profit organization. Internships give students the opportunity to compare their understanding of classroom material with current best practices in the Sports Environment, specifically in an area of Sports Management. Academic credit is variable, based on the number of hours completed for the internship. Final course grade is based on the internship supervisor's evaluation of student performance and completion of assigned coursework. NOTE: A minimum of 2 total internship credits are required for graduation but they may be completed in separate semesters. This course is repeatable for credit. Prerequisites: Completion of majority of core curriculum for Sports Management Major. Junior or senior standing, and signed approval from the Sports Management Program Director/Academic Advisor. REGISTRATION NOTE: Registration for internships is initiated through the Career Center website and is finalized upon completion of required paperwork and approvals. More info: 801-832-2590 <a>https://westminstercollege.edu/internships