

HEALTH AND WELLNESS (HW)

Your participation in an STLCC activity course confirms you are aware of the risks and are physically able to safely participate in class and have no health-related conditions that may affect your ability to participate.

Course Descriptions

HW 101. Foundations of Sport and Exercise Psychology. 3 Credit Hours.

Foundations of Sport and Exercise Psychology is the scientific study of people and behaviors in sport and exercise. This course explores the relationships between psychological factors and physical activity. Areas of focus will include learning how psychological factors affect an individual's physical performance and understanding how participation in sport and exercise affects a person's psychological development, health, and well-being. (Credit is only allowed for either HW 101 or PED 201.)

Prerequisites: PSY 200 with a minimum grade of "C" and Reading Proficiency

HW 102. Personal Health and Wellness. 3 Credit Hours.

Personal Health and Wellness is an introduction to the concept of health as a foundation for positive movement throughout the life cycle. This course explores the relationship between mental, physical, and environmental factors on the development of illness and disease, and the impact of personal behaviors and lifestyle practices on maintaining good health. Course topics will include healthy eating, fitness, sexuality, drugs, disease, stress management, and wellness. (Credit is only allowed for either HW 102 or PE 135.)

Prerequisites: Reading Proficiency

HW 103. Stress Management. 3 Credit Hours.

Stress Management includes an overview of stress and its impact on physical, mental, emotional, and spiritual health and wellness. Coping strategies, relaxation techniques, healthy eating behaviors, and physical activities for stress reduction are explored. (Credit is only allowed for either HW 103, PE 161, or PE 276.)

Prerequisites: Reading Proficiency or concurrent enrollment in RDG 079

HW 104. Wellness and Fitness Concepts. 3 Credit Hours.

Wellness and Fitness Concepts focuses on the impact physical activity, healthy eating behaviors, weight management, stress management, substance abuse, sexually transmitted diseases, and other relevant topics have on health and wellness. The development of an individualized wellness program enhances understanding of course concepts. Participation in activities associated with improved health and wellness is a component of this course. (Credit is only allowed for either HW 104 or PE 180.)

Prerequisites: Reading Proficiency

HW 109. First Aid. 2 Credit Hours.

First Aid provides students with the necessary skills to recognize and appropriately respond to life-threatening emergencies. Instruction will focus on emergency recognition and first aid treatment for sudden illness and injuries, adult cardiopulmonary resuscitation (CPR), and automated external defibrillator (AED). Certification in Adult and Pediatric First Aid/CPR/AED is available for students meeting the requirements. (Credit is only allowed for either HW 109 or PE 129.)

HW 110. Wellness for the Individual (MOTR IDSE 102). 2 Credit Hours.

Wellness for the Individual identifies the benefits of developing a lifestyle that promotes mental and physical health. This survey course focuses on the relationship between physical, psychological, and social components of human behavior and their effect on the human body. Students learn how to ensure they are working towards a healthy approach to life both physically and mentally by examining the body systems needed for physical wellness, evaluating dietary choices, and exploring coping strategies that prepare students to remain healthy despite challenges in their lives.

Prerequisites: Reading Proficiency

HW 111. American Heart Association (AHA) CPR. 1 Credit Hour.

American Heart Association (AHA) CPR is designed to prepare students in healthcare professions with the skills of basic life support and CPR. Students will learn how to recognize cardiac arrest, give chest compressions, deliver ventilations, and provide early use of an automated external defibrillator (AED) individually and with a partner. Adult, child, and infant rescue techniques including choking will be part of this course. AHA Basic Life Support (BLS) for Healthcare Providers certification is available for those who meet the course requirements. (Credit is only allowed for either HW 111 or PE 220.)

Prerequisites: Reading Proficiency or concurrent enrollment in RDG 079

HW 112. Archery. 1 Credit Hour.

Archery is an introductory course that covers the basic procedures for using a bow for target shooting. Topics will include history, safety, terminology, equipment/accessories, correct shooting form, range etiquette, rules, and scoring. Activities will include video instruction, demonstration, and shooting practice. (Credit is only allowed for either HW 112 or PE 104.)

HW 113. Backpacking. 1 Credit Hour.

Backpacking is an introduction to the outdoor recreation activities of hiking and camping. Instruction focuses on gear selection, packing, route finding, campsite development, and food preparation, as well as safety, sanitation, and ethics in the outdoors. This course involves weekend hikes and an overnight camping experience on established trails and campgrounds. Students are responsible for their own equipment and transportation to and from the designated locations. (Credit is only allowed for either HW 113 or PE 106.)

HW 115. Basic Fitness I. 1 Credit Hour.

Basic Fitness I is an introductory course that focuses on fitness principles and the improvement of cardiorespiratory-neuromuscular development. Physical activities and various anaerobic/aerobic exercises will be performed to enhance strength, muscular endurance, flexibility, and cardiorespiratory fitness. (Credit is only allowed for either HW 115 or PE 109.)

HW 116. Basic Fitness II. 1 Credit Hour.

Basic Fitness II focuses on the development of strength and cardiorespiratory fitness. Fitness principles, various types of exercises, and the role of eating patterns are identified to enhance a healthy lifestyle. Focus is on students designing their own workout routines.

Prerequisites: HW 115 with a minimum grade of "C"

HW 124. Community CPR. 1 Credit Hour.

Community CPR provides students with the necessary skills to recognize and appropriately respond to life-threatening cardiovascular and breathing emergencies. Instruction will focus on practical application in administering lifesaving techniques for cardiac arrest, and responsive and unresponsive choking victims. Certification in Adult and Pediatric Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillation (AED) is available for students meeting the requirements. (Credit is only allowed for either PE 120 or HW 124.)

HW 129. Fencing I. 1 Credit Hour.

Fencing I is an introductory course that focuses on foil fencing. Rules and strategies for competitive fencing will be introduced. Basic skills include attacks and parries. (Credit is only allowed for either HW 129 or PE 126.)

HW 130. Fencing II. 1 Credit Hour.

Fencing II is a refinement of techniques learned in Fencing I. Epee and sabre, advanced parries and attacks, and electric equipment are introduced. (Credit is only allowed for either HW 130 or PE 127.)

Prerequisites: HW 129 with a minimum grade of "C"

HW 131. Fitness Center I. 1 Credit Hour.

Fitness Center I provides access to equipment designed to develop muscular strength and endurance, cardiorespiratory endurance, and flexibility. Basic concepts of physical activity and exercise are introduced. Active participation in physical activities is required. (Credit is only allowed for either HW 131 or PE 130.)

HW 132. Fitness Center II. 1 Credit Hour.

Fitness Center II is a continuation of Fitness Center I with consideration given to concepts of body composition, weight management, and developing a personalized exercise plan. Active participation in self-guided physical activities to improve muscular strength and endurance, cardiorespiratory fitness, and flexibility is required. (Credit is only allowed for either HW 132 or PE 131.)

Prerequisites: HW 131 with a minimum grade of "C"

HW 140. Pickleball. 1 Credit Hour.

Pickleball is an introduction to the recreational court game in which players use a paddle to hit a perforated ball over a tennis-type net on a badminton-sized court. Students will focus on the basic rules, physical skills, and strategy for singles and doubles play.

HW 144. Swimming I. 1 Credit Hour.

Swimming I is designed to promote comfort in an aquatic environment and to introduce skills and techniques of swimming and basic water safety. Each skill is demonstrated, explained, and evaluated. Strokes taught include front crawl, back crawl, sidestroke, elementary backstroke, breaststroke, and butterfly. (Credit is only allowed for either HW 144 or PE 162.)

HW 145. Swimming II. 1 Credit Hour.

Swimming II is an intermediate level course that focuses on drills for stroke refinement in the competitive and recreational strokes. Skill development includes water entries and turns, as well as fitness and survival swimming, elementary rescues, and recreational water games. (Credit is only allowed for either HW 145 or PE 163.)

Prerequisites: HW 144 with a minimum grade of "C"

HW 150. Total Fitness. 1 Credit Hour.

Total Fitness is a continuation of Fitness Center II with consideration given to self-directed lifetime fitness for health and well-being. Performance of physical activities is required. Advanced training techniques for improving muscular strength and endurance, cardiorespiratory fitness, and flexibility are explored. (Credit is only allowed for either HW 150 or PE 132.)

Prerequisites: HW 132 with a minimum grade of "C"

HW 153. Walking for Fitness. 1 Credit Hour.

Walking for Fitness provides students with an opportunity to participate in walking as a technique to improve health through the development of cardiorespiratory endurance, muscular endurance, and weight management. Students will identify the benefits of consistent participation in fitness walking as well as the types, technique, equipment, and skills necessary for developing and maintaining an appropriate and successful fitness walking program. (Credit is only allowed for either HW 153 or PE 173.)

HW 155. Weight Training I. 1 Credit Hour.

Weight Training I is designed to introduce the beginner to a variety of basic weight training skills. Techniques focus on safe execution of weight lifting using pin-select weight equipment and free weights to develop strength, size, endurance, and flexibility of major muscle groups. Circuit training is introduced. (Credit is only allowed for either HW 155 or PE 177.)

HW 156. Weight Training II. 1 Credit Hour.

Weight Training II focuses on advanced weight lifting techniques utilizing cable pulley weights and free weights. Advanced level training programs for increased muscular development are designed. Circuit training is utilized. (Credit is only allowed for either PE 178 or HW 156.)

Prerequisites: HW 155 with a minimum grade of "C"

HW 157. Yoga I. 1 Credit Hour.

Yoga I is an introduction to yoga which includes basic poses (asanas), breathing techniques, meditation, and yoga philosophy. Active participation in these activities is designed to increase flexibility and balance, strengthen and tone muscles, and energize the body to reduce stress and enhance physical and mental health. (Credit is only allowed for either HW 157 or PE 181.)

HW 158. Yoga II. 1 Credit Hour.

Yoga II is a continuation of Yoga I. This course will focus on active participation and emphasis on body and self-awareness while practicing advanced yoga poses, pranayama (controlled breath), and meditation. Performance of these skills and techniques will increase muscle strength and endurance, increase flexibility and balance, improve body posture, reduce stress, and enhance relaxation. (Credit is only allowed for either HW 158 or PE 182.)

Prerequisites: HW 157 with a minimum grade of "C"