Health and Human Performance (HHP) is organizationally housed within the Department of Athletics, Physical Education, and Recreation and more specifically within Recreation and Wellness. The program offers experiences for academic credit as well as non-credit opportunities. Its academic pursuits are offered in partnership with the Department of Medicine. The academic units housed within HHP include Kinesiology, Outdoor Education, Physical Education, Wellness Education, and Lifeworks.

Purpose Statement
Through integrating theory, research, and experiential practice we create innovative, transformative learning environments focusing on holistic student development.

Values
Inspiring a healthier Stanford by inviting students into an intentional process grounded in the following values:

Actualization: Supporting self-efficacy through empowerment, learning experiences, and realization of the human potential.

Balance: Creating opportunities for individuals to recognize and utilize the essential elements of well-being.

Community: Providing inclusive opportunities for healthy social engagement and relationship building.

Leadership: Developing change agents who can apply learned knowledge and skills towards active citizenship.

Innovation: Designing effective ways of learning and promoting human flourishing in a hyper-complex, ever-accelerating culture experience.

Kinesiology
Focuses on the anatomy, physiology, and mechanics of human movement and their applications to exercise and lifetime physical activities. Offers 1-3 unit courses using the seminar, laboratory, and workshop as the primary component types.

Physical Education
Provides physical activity courses where knowledge associated with the proper performance of an activity is presented and discussed. Offers 1-2 unit courses using activity as the primary component type.

Wellness Education
Inspires a healthier, more vibrant university through teaching effective wellness theories and practices that promote flourishing and empower students to positively transform their lives and communities. Offers 1-3 unit courses using the lecture, seminar, discussion, and workshop as the primary component types.

Kinesiology
Focuses on the anatomy, physiology, and mechanics of human movement and their applications to exercise and lifetime physical activities. Offers 1-3 unit courses using the seminar, laboratory, and workshop as the primary component types.

Outdoor Education
Develops outdoor leaders who use risk, challenge, and experience as educational tools with a variety of applications. Offers 1-3 unit courses using the lecture, seminar, and workshop as the primary component types.