

HEALTH AND HUMAN PERFORMANCE

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.

Leadership Innovations

Fosters transformational leaders of character who through the facilitation of critical collaborative environments are prepared to be agents of positive change. Offers 1-3 unit courses using the lecture, seminar, discussion, and workshop as the primary component types.

Lifeworks

Fosters transformational student leaders and future citizens of character who through the facilitation of creative expression, mindfulness, and collaborative environments are prepared to be agents of positive change. Offers 1-3 unit courses using the lecture, seminar, discussion, 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.

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.

Director: Christopher Pelchat (Outdoor Education)

Associate Director: Aneel Chima (Wellness Education)

Associate Director: Tia Lillie (Kinesiology)

Associate Director: New Hire (Lifeworks)

Lecturers: Diane Boxill (Wellness Education), Russ Carpenter (Writing and Rhetoric), Logan Chapman (Outdoor Education), Orgyen Chowang (Wellness Education), Robert Cusick (Wellness Education), Dustin DiPerna (Wellness Education), Sue Lowley (Outdoor Education), Fred Luskin (Wellness Education), Emily McCune (Outdoor Education), Stephen Murphy-Shigematsu (Wellness Education), Katherine Nobles (Wellness Education), Pamela Pasma (Wellness Education), Carole Pertofsky (Wellness Education), John Rettger (Wellness Education), Tia Rich (Wellness Education), Jennifer Robinson (Wellness Education), Mikey Siegel (Wellness Education), Antja Thompson (Emergency Medicine), Andrew Toddhunter (Biology), Meag-gan Walters (Wellness Education), Peter Wright, (Outdoor Education), Donovan Yisrael (Wellness Education)

Instructors: Gong Chen (Physical Education), Maithill Gavankar (Physical Education), Austin Lee (Physical Education), Ying Mitchell (Physical Education), Erick Schlimmer (Physical Education), Tom Sarsfield (Physical Education), Matt Thornton (Physical Education), Todd Vas Dias (Physical Education), Nick Wooters (Physical Education)