

WELLNESS & PERSONAL DEVELOPMENT (WPD)

WPD 102 Bodyweight & Core Conditioning 1 Credit

Designed to teach and instruct students on the methods and practices of bodyweight exercises and the importance of 'pillar' (core) training to create simple yet effective workout routines. The course will also have a practical element where students will engage in actual exercise routines and practice the exercises discussed in the class. (Theory & Practice).

WPD 103 Sailing 1 Credit

Instruction and practice in small sailboats on the Chester River. (Practice)

WPD 104 Tennis 1 Credit

Students learn the sport's fundamental strokes: forehand, backhand, volley, and serve. The course also includes an explanation of the rules, as well as basic singles and doubles strategy. (Practice)

WPD 105 Basics of Golf 1 Credit

Instruction and practice in golf skills-chipping, pitching, full swing, putting, the rules of golf and golf etiquette. (Practice)

WPD 106 American Red Cross Lifeguarding/CPR 2 Credits

The course stresses physical fitness and strength and endurance combined with the skills and techniques needed to be a certified lifeguard. Students complete a standard ARC test; cards are issued for successful completion of the course. Additional fees apply. (Theory & Practice)

WPD 117 Basic Sports Performance & human Movement 2 Credits

The course offers instruction, practice and lecture-based learning on a variety of fitness concepts. Students learn the basic concepts of human movement, planes of motions, exercise techniques and selection, programming and periodization, flexibility, and mobility. Students receive an extended orientation to the Johnson Fitness Center, equipment, and how to write and follow an exercise program based on personal fitness goals. (Theory & Practice)

WPD 123 Introduction to Rowing 1 Credit

Instruction and practice in rowing and sculling on the Chester River. Students learn proper technique through Washington College's shells and rowing equipment. Students utilize both the Washington College's boathouse water tanks, classroom for video analysis, and the Chester River for instruction. Passing a swim-test is required to take this course. (Practice)

WPD 125 Hatha Yoga 1 Credit

Hatha Yoga focuses on postures (asanas), breathing, and meditation. It is suitable for beginners and all fitness levels, as the movements are slow-paced and gentle. The benefits of Hatha yoga include better sleep, strengthening core muscles, flexibility, improving depression symptoms, and helping with stress management. (Practice)

WPD 126 Racquet Sports 1 Credit

Instruction and practice in the fundamentals of badminton, racquetball, platform tennis, and squash, including the rules and etiquette of each sport. (Practice)

WPD 130 Scuba 2 Credits

This PADI open-water certified diver course provides students with the knowledge and skills to safely explore the underwater world. Instruction includes two hours of classroom and two hours of pool time for six weeks plus a weekend open-water dive. Must pass a swimming test. Additional fees apply. (Theory & Practice)

WPD 131 Advanced Scuba 0 Credits

An advanced scuba course. Additional fees apply.

WPD 132 Cycling 1 Credit

Students bike for aerobic exercise as well as the care, repair, and maintenance of bikes and techniques for safe riding. Bikes are provided if needed. (Practice)

WPD 135 Basics of Swimming 1 Credit

Basic instruction in swimming, including proper form and strokes (breaststroke, butterfly, backstroke, sidestroke, freestyle) and basic safety maneuvers (treading and floating) are taught. No prior swimming experience is necessary. This class accepts varying degrees of experience. Students complete the swim test for Washington College water-related activities as part of the course. (Practice)

WPD 147 Personal Training Certification 2 Credits

Washington College partners with the National Academy of Sports Medicine to offer this course. Students follow an accelerated learning program on the human movement system, fitness assessment, integrated training and theory application, design of fitness programs, nutrition and exercise, lifestyle coaching and professional development. The course does not guarantee a personal trainer certification which requires students to pass the NASM-CPT exam at a certified testing center. Additional fees apply. (Theory & Practice)

WPD 151 Methods of Coaching 2 Credits

An experiential learning course where students examine the roles of the coach, the four components of sports and how to teach them, elements of leadership, methodologies for organizing and delivering practices, developing a coaching philosophy, and solving ethical dilemmas. Emphasis is placed on the psycho-social aspects of coaching. Students are tasked with a final project of creating and delivering a practice session (utilizing their classmates as practice players) in the sport of their choosing. Participation in these practice sessions is encouraged but not mandatory. (Theory)

WPD 194 Special Topics 4 Credits

View Available Sections for titles and descriptions of Special Topics offered this semester.

Term(s) Offered: All Terms, All Years

WPD 240 Practicing Mindfulness 2 Credits

This course will provide students with an introduction to mindfulness through a combination of lecture, practice, and class discussion. Students will learn the core principles of mindfulness and how to apply them to their daily lives. A key component of this experiential course will involve students developing their own mindfulness practice, as they explore different strategies and develop skills to enhance their awareness of the mind-body connection.

Cross-listed as: Psy 240 Wpd 240

Term(s) Offered: Spring, All Years

WPD 294 Special Topics 4 Credits

View Available Sections for titles and descriptions of Special Topics offered this semester.

Term(s) Offered: All Terms, All Years

WPD 394 Special Topics 4 Credits

View Available Sections for titles and descriptions of Special Topics offered this semester.

Term(s) Offered: All Terms, All Years