

# HEALTH, WELLNESS & SPORT IN SOCIETY (HWSS)

## HWSS 1800 – 1825 Special Topics in Health, Wellness and Sport in Society

6 credit hours

Course content varies from year to year.

## HWSS 1826 – 1849 Special Topics in Health, Wellness and Sport in Society

3 credit hours

Course content varies from year to year.

## HWSS 2000 Health, Wellness and Sport in Society: An Introduction

3 credit hours

**Prerequisite:** Six credit hours from the following list of courses: ANTH 1202, BCOM 1201, ECON 1201, PHIL 1245, POLI 1210, PSYC 1510, SJCS 1211, MGMT 1281, GDST 1000, CRIM 1303 or SOCI 1210

Students are provided with an introduction to fundamental concepts in the social study of health, wellness and sport. Students examine specific content areas from multiple perspectives, including historical, political, cultural and economic contexts. Students consider the production and transmission of expert knowledge and the connection between evidence and public policy.

## HWSS 2560 Reading and Wellness ENGL 2560

3 credit hours

**Prerequisite:** 9 credit hours at the 1000 level

Drawing upon an interdisciplinary knowledge base, the course will introduce students to the connections between reading, mental health and wellness, and to the benefits of different types of reading in different media. Through a combination of interactive, self-directed and reflective activities and assignments, students will compare the health and wellness effects of reading on social media vs. so called 'deep' or 'immersive' reading.

## HWSS 2800 – 2825 Special Topics in Health, Wellness and Sport in Society

6 credit hours

Course content varies from year to year.

## HWSS 2826 – 2849 Special Topics in Health, Wellness and Sport in Society

3 credit hours

Course content varies from year to year.

## HWSS 3000 Sport Experiential Learning

3 credit hours

**Prerequisite:** HWSS 2000 and 36 additional university credit hours or permission of the instructor

Students enrolled in this experiential learning course will complete an approved and supervised placement, applied project, or another experiential project, with a sport-related focus. Through this course, students will gain hands-on experience in solving real-world problems across various areas while applying theory and research to develop policies, make decisions, and plan programs and services.

## HWSS 3001 Philosophy of Sport

3 credit hours

**Prerequisite:** HWSS 2000 or 30 credit hours of university-level courses

The sport sector is a complex field which raises many questions for participants and observers. What is sport and how does it differ from other activities? What is fair or ethical in sport and how should this be achieved? What is sportsmanship? Is sport a social good? This course invites students to use philosophical ideas and frameworks to answer questions like these in the interest of clarifying what sport means in contemporary society.

## HWSS 3002 Sport, Diversity, & Inclusion

3 credit hours

**Prerequisite:** HWSS 2000 or 30 credit hours of university-level courses

This course explores diversity, equity, inclusion and accessibility in the context of sport. Students will be provided the tools to consider how a range of factors—such as class, race, gender, ability, and sexual orientation—shape how sport is experienced and organized.

## HWSS 3003 Sport Governance

3 credit hours

**Prerequisite:** HWSS 2000 or 30 credit hours of university-level courses

This course explores how contemporary professional and amateur sport is governed and how sport policy is developed. Students will also be exposed to how such sporting organizations relate to non-sport actors like the state and commercial interest.

## HWSS 3004 Sport in Historical Context

3 credit hours

**Prerequisite:** HWSS 2000 or 30 credit hours of university-level courses

Students explore the development of sport from antiquity to the present. Using historical concepts and frameworks, the course will cover topics like the Olympics, indigenous games and sport, doping and performance enhancement, nation building, and the professionalization of sports.

## HWSS 3005 Sport & Wellness

3 credit hours

**Prerequisite:** HWSS 2000 or 30 credit hours of university-level courses

This course explores the relationship between sport and individual and collective wellness. Students will be provided with the tools to consider how different contexts (such as amateur and professional; local and international) support and undermine the physical and mental health and wellness of individuals and communities invested in sporting activities.

## HWSS 3800 – 3825 Special Topics in Health, Wellness and Sport in Society

6 credit hours

Course content varies from year to year.

## HWSS 3826 – 3849 Special Topics in Health, Wellness and Sport in Society

3 credit hours

Course content varies from year to year.

**HWSS 4000 Seminar in Health, Wellness and Sport in Society**

3 credit hours

**Prerequisite:** HWSS 2000, 36 additional university credit hours or permission of the instructor

This seminar is the capstone seminar for the Certificate in Health, Wellness and Sport in Society. Students are provided with an opportunity to integrate their knowledge of the social study of health, wellness and sport, consider perspectives from different disciplines, and consider the connections between research and the broader public. Emphasis will be placed on the activities of government, the role of voluntary groups and agencies, and citizen participation. Students will complete a major research paper and learn advanced research and presentation skills.

**HWSS 4800 – 4825 Special Topics in Health, Wellness and Sport in Society**

6 credit hours

Course content varies from year to year.

**HWSS 4826 – 4849 Special Topics in Health, Wellness and Sport in Society**

3 credit hours

Course content varies from year to year.