



HUMAN PERFORMANCE PROJECT

— Illinois —

WHAT IS IL HPP?

The Illinois Human Performance Project (IL HPP) is a chapter housed within the national program, Life of an Athlete Human Performance Project (LOAHPP). John Underwood, founder of the national program, teaches how lifestyle decisions can impact your mental and physical performance. Through scientific research we know that sleep, blue light, nutrition, drugs, alcohol, mood, and mindset all play a large role in how our bodies perform. LOAHPP developed this program in collaboration with veteran US Navy SEALs and founders of Applied Performance Sciences (APS) whose primary focus is leadership development. Through the combination of scientific research and leadership development we are able to provide education to students, parents, and school personnel about enhancing their performance by identifying ways to build accountability and make healthy lifestyles choices.

Although the national program was originally designed for athletes, IL HPP targets all students, not just athletes. Students are challenged to empower their peers to set positive standards in health and leadership to achieve optimal performance. The implementation of the Human Performance Project may look different in every school. The power of this project is the way it can be adapted to fit the needs of each individual school and community that chooses to get involved with promoting a positive, healthy culture.



IL HPP PROVIDES:

❖ One-on-one school chapter assistance

An opportunity for an IL HPP team member to work as a liaison for each school chapter to provide technical assistance, support, and updated program information.

❖ Support chapter start-ups

Provide materials and manuals to help guide chapter advisors through program implementation.

❖ Downloadable training modules

A combination of interactive, educational presentations, worksheets, handouts, and experiential activities surrounding science-based topics, leadership development, and chapter development.

❖ Resources and materials

Provide manuals and informational guides about science modules, student leadership, and chapter development. Materials are available for download by creating a free account at ilhpp.org.

❖ In-person training opportunities

Trainings may include: multi-day annual conference, individual school presentations for staff and/or students, and regional chapter trainings.

❖ Regional chapter networking

Offer opportunities for school advisors and students to network with other existing chapters to strengthen programming and facilitate connections between advanced and developing chapters.

❖ Navigation through obstacles

Assist with exploring some of the challenges that a chapter may pose including: commitment from students, program buy-in, gaining administrative and faculty support, funding the program, and trouble measuring the positive change.

❖ Assist schools in measuring efficacy of the program

Promote evaluation tools such as the Illinois Youth Survey to assess culture and health trends.

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