100 Level Courses

**RECR 100: Brazilian Jiu-Jitsu: Intro.** 1 credit.
Instructs students in self defense Brazilian Jiu-Jitsu techniques.
Appropriate for students who have no prior experience in martial arts or Brazilian Jiu-Jitsu. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 101: Brazilian Jiu-Jitsu: Intermediate.** 1 credit.
Teaches students beginner-to-intermediate-level techniques in Brazilian Jiu-Jitsu. Focuses on specific defensive techniques to be used against an attacker along with escapes and submissions from a variety of different attacks. Requires participation in basic sparring with particular attention to safety and intensive training and conditioning routine. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Recommended Prerequisite:** RECR 100.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 102: Judo: Introduction.** 1 credit.
Introduces basic body mechanics of throwing, sweeping, grappling, and submission skills used in Judo and for self-defense. Presents the history of Judo, rules of the sport and proper safety and falling techniques. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 103: Judo: Intermediate.** 1 credit.
Emphasizes the execution of proper skills and movements rather than the contact itself. Incorporates both offensive and defensive movements. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Recommended Prerequisite:** RECR 102 or permission of instructor.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 104: Karate: Introduction.** 1 credit.
Emphasizes techniques, forms (kata), and sets (drills) from Karate, which combines art and science. Relates techniques with motion and principles and builds on the previous skills to create a web of knowledge. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 105: Karate: Intermediate.** 1 credit.
Reviews information and refines skills developed in the introductory class. Introduces new forms and techniques to increase skill performance at the next level. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Recommended Prerequisite:** RECR 104.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 106: Krav Maga: Introduction.** 1 credit.
Introduces students to the principles and practice of Krav Maga, an Israeli system of self-protection. Involves knowledge of threat response, skill training in self-protection, and mental preparation for defensive tactics. Prepares students in appropriate protective action in situations of threat or attack. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Recommended Prerequisite:** RECR 106.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 107: Krav Maga: Intermediate.** 1 credit.
Continues training in Krav Maga skills for experienced students. Explores multiple opponents, defending third parties, decision making skills, using & defending against weapons, and fight strategy. Notes: Students with injuries or pre-existing conditions that affect performance must inform the instructor. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Recommended Prerequisite:** RECR 106.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 108: Self Defense: Introduction.** 1 credit.
Teaches beginner level of self-defense such as defensive techniques to be used against an attacker along with escapes and submissions from a variety of different attacks. Requires participation in basic sparring with particular attention to safety. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 109: Self Defense: Intermediate.** 1 credit.
Teaches more advanced defensive and offensive techniques, building on the student’s previous training. Emphasizes continuous improvement in physical and mental fitness. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Recommended Prerequisite:** RECR 108.

**Schedule Type:** Activity-Based
Recreation (RECR)

Grading:
This course is graded on the Undergraduate Regular scale.

RECR 110: Tae Kwon Do: Introduction. 1 credit.
Develop basic skills of Tae Kwon Do, a Korean martial art that predominantly emphasizes kicking. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based

Grading:
This course is graded on the Undergraduate Regular scale.

RECR 111: Tae Kwon Do: Intermediate. 1 credit.
Develops intermediate-level skills of Tae Kwon Do, building on basic skills learned in the introduction course. Continues to focus on the student's mental development, as well as physical training. Offered by Recreation, Health & Tourism. Limited to three attempts.

Recommended Prerequisite: RECR 110.

Schedule Type: Activity-Based

Grading:
This course is graded on the Undergraduate Regular scale.

RECR 112: Tae Kwon Do: Advanced. 1 credit.
Continues to enhance skills of Tae kwon do, focusing on the student's mental development as well as physical training. Offered by Recreation, Health & Tourism. Limited to three attempts.

Recommended Prerequisite: RECR 111.

Schedule Type: Activity-Based

Grading:
This course is graded on the Undergraduate Regular scale.

RECR 118: Cardio Conditioning. 1 credit.
Introduces cardiovascular fitness. Provides students with lectures and multiple cardiovascular workouts. Covers cardiovascular endurance, cardiovascular diseases, body composition, nutrition, and weight management. Teaches the use of cardiovascular equipment and designing a cardiovascular fitness program. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based

Grading:
This course is graded on the Undergraduate Regular scale.

RECR 119: Fitness Walking. 1 credit.
Introduces students to cardiovascular exercise as it relates to a healthy lifestyle and improved quality of life. Covers design, implementation, and evaluation of a personal walking plan based on current fitness levels. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based

Grading:
This course is graded on the Undergraduate Regular scale.

RECR 120: Weight Training/ Body Conditioning. 1 credit.
Introduce students to fitness and healthy lifestyles. Provides students with an overview of the various types of weight training, with an emphasis on circuit weight training method. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based

Grading:
This course is graded on the Undergraduate Regular scale.

RECR 121: Backpacking: Introduction. 2 credits.
Provides students an introduction to leadership theory and practice in planning outdoor adventure activities. Focuses on building skills necessary to engage in a wide range of individual outdoor adventure activities such as orienteering, geocaching, canoeing, rock climbing, and challenge course team building. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based

Grading:
This course is graded on the Undergraduate Regular scale.

RECR 122: Exploring Outdoor Adventure. 2 credits.
Provides students an introduction to leadership theory and practice in planning outdoor adventure activities. Focuses on building skills necessary to engage in a wide range of individual outdoor adventure activities such as orienteering, geocaching, canoeing, rock climbing, and challenge course team building. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based

Grading:
This course is graded on the Undergraduate Regular scale.

RECR 123: Geocaching. 1 credit.
Introduces geocaching using a map, compass, and GPS to navigate to a location. Involves discussions, demonstrations, and activities that teach the basics of geocaching. Covers equipment selection, map and compass skills, backcountry cooking, staying healthy in the outdoors, safety and emergency procedures, backcountry ethics (Leave No Trace), and natural history. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Studio

Grading:
This course is graded on the Undergraduate Regular scale.

RECR 124: Horsemanship: Introduction. 1 credit.
Introduces the basics of horseback riding and horsemanship. Emphasizes how to care for a horse, tack a horse, and basic riding skills such as walking, trotting, and jumping small obstacles. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based

Grading:
This course is graded on the Undergraduate Regular scale.

**RECR 125: Horsemanship: Intermediate.** 1 credit.  
Builds the intermediate skills of horseback riding and horsemanship. Emphasizes technical riding and advancing basic horseback riding skills (e.g., figure S's, serpentes, and change of direction). Focuses on how equitation affects the horse and horse behavior affects riding and safety. Offered by Recreation, Health & Tourism. Limited to three attempts.  

**Recommended Prerequisite:** RECR 124.  

**Schedule Type:** Activity-Based  

**Grading:**  
This course is graded on the Undergraduate Regular scale.  

**RECR 129: Mountain Biking.** 2 credits.  
Provides students with the fundamentals of mountain biking through skills aimed to master techniques in descending and ascending hills, negotiating obstacles, and stopping. Skills in maintaining a bike and appreciation of terrain, navigation, and safety will also be covered. Offered by Recreation, Health & Tourism. Limited to three attempts.  

**Schedule Type:** Activity-Based  

**Grading:**  
This course is graded on the Undergraduate Regular scale.  

**RECR 130: Introduction to Marksmanship.** 1 credit.  
Introduces students to competitive archery. Provides instruction for shooting safety, proper form and technique, equipment maintenance, and Olympic style FITA tournaments. Offered by Recreation, Health & Tourism. Limited to three attempts.  

**Recommended Prerequisite:** RECR 139 or permission of instructor.  

**Schedule Type:** Activity-Based  

**Grading:**  
This course is graded on the Undergraduate Regular scale.  

**RECR 131: Downhill Skiing.** 1 credit.  
Teaches and refines basic skills and techniques of downhill skiing including becoming familiar with use of ski equipment, terminology, and safety rules. Includes lecture and field experience to improve downhill skiing skills. Offered by Recreation, Health & Tourism. Limited to three attempts.  

**Schedule Type:** Activity-Based  

**Grading:**  
This course is graded on the Undergraduate Regular scale.  

**RECR 132: Snowboarding.** 1 credit.  
Teaches and refines basic skills and techniques of snowboarding: includes becoming familiar with use of equipment, terminology, and safety rules. Includes lecture and field experience to improve snowboarding skills. Offered by Recreation, Health & Tourism. Limited to three attempts.  

**Schedule Type:** Activity-Based  

**Grading:**  
This course is graded on the Undergraduate Regular scale.  

**RECR 133: Indoor Rock Climbing: Intro.** 1 credit.  
Introduces equipment, techniques, safety, and planning related to basic rock climbing. Offered by Recreation, Health & Tourism. Limited to three attempts.  

**Schedule Type:** Activity-Based  

**Grading:**  
This course is graded on the Undergraduate Regular scale.
RECR 140: Rifle Marksmanship. 1 credit.
Introduces students to marksmanship skills in Olympic style small
bore competition target shooting. Increases students’ knowledge of
firearm safety, international target shooting styles, equipment care and
maintenance, and shooting sports competition methods and techniques
for rifle target shooting. Offered by Recreation, Health & Tourism. Limited
to three attempts.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

RECR 141: Basketball: Introduction. 1 credit.
Introduces the basic elements of basketball, including dribbling, passing,
shooting, tactics, and strategy. Offered by Recreation, Health & Tourism.
Limited to three attempts.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

RECR 143: Soccer: Introduction. 1 credit.
Introduces the basic elements of soccer including dribbling, kicking,
passing, trapping, tactics, and strategy. Offered by Recreation, Health &
Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

RECR 144: Soccer: Intermediate. 1 credit.
Prepares the experienced soccer player in the aspects of the competitive
game. Applies skills-training to competitive and recreational play. Covers
strategies of offense and defense and variation of different systems of
play. Offered by Recreation, Health & Tourism. Limited to three attempts.

Recommended Prerequisite: RECR 143.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

RECR 145: Volleyball: Introduction. 1 credit.
Introduces students to fundamental knowledge and basic skills of
volleyball. Offered by Recreation, Health & Tourism. Limited to three
attempts.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

RECR 147: Squash: Introduction. 1 credit.
Introduces basic squash terms, rules, scoring, safety, and techniques for
drives, volleys, wall boasts, and serves, as well as singles and doubles
strategies. Offered by Recreation, Health & Tourism. Limited to three
attempts.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

RECR 151: Badminton: Introduction. 1 credit.
Introduces the fundamental skills, rules, and strategies of badminton.
Covers basic techniques and etiquette of both singles and double play.
Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

RECR 153: Racquetball: Introduction. 1 credit.
Introduces basic racquetball terms, rules, scoring, safety, and techniques
for the forehand, backhand, overhead, and serve, as well as singles and
doubles strategies. Offered by Recreation, Health & Tourism. Limited to
three attempts.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

RECR 154: Racquetball: Intermediate. 1 credit.
Teaches intermediate skills, including ceiling shots, kill shots, passing
shots, back wall strokes, advanced serves, court positions, and tactics
and strategies for singles and doubles. Offered by Recreation, Health &
Tourism. Limited to three attempts.

Recommended Prerequisite: RECR 153 or permission of instructor.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

RECR 155: Tennis: Introduction. 1 credit.
Teaches tennis terms, rules, scoring, techniques for the forehand
and backhand ground strokes, volley, overhead, and serve, as well as
basic strategy for singles and doubles. Offered by Recreation, Health &
Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

RECR 156: Tennis: Intermediate. 1 credit.
Prepares experienced tennis player in advanced skills: point play, control
of pace, direction, and depth of forehand and back hand, ground strokes,
and topspin and underspin. Instructs tactical use of volley, styles of
play, and strategies for singles and doubles. Introduces principles to
refereeing. Applies skills-training to competitive and recreational play.
Offered by Recreation, Health & Tourism. Limited to three attempts.

Recommended Prerequisite: RECR 155.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

RECR 157: Squash: Introduction. 1 credit.
Introduces basic squash terms, rules, scoring, safety, and techniques for
drives, volleys, wall boasts, and serves, as well as singles and doubles
strategies. Offered by Recreation, Health & Tourism. Limited to three
attempts.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

RECR 161: Scuba Diving: Basic. 2 credits.
Provides training toward certification as an open water SCUBA diver.
Emphasizes snorkeling (free diving introduction) and SCUBA skills.
Covers safe diving skills, the physics of diving, equipment care and
maintenance, diving fitness, underwater navigation, record keeping,
and other basic SCUBA knowledge. Qualifies students for open water certification by Scuba Schools International (SSI). Requires strong swimming skills, high comfort level under water and physical and mental conditioning compatible with SCUBA industry diving safety standards. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading: This course is graded on the Undergraduate Regular scale.

RECR 162: Swimming: Beginning. 1 credit.
Develops a knowledge base and basic swimming skills for the weak swimmer and non-swimmer, and makes them water safe. Includes, but are not limited to, locomotion and propulsive movements in a prone and supine position, breath control, rhythmic breathing, beginning diving techniques, personal safety, and rescue skills to maintain a water-safe environment. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading: This course is graded on the Undergraduate Regular scale.

Recommended Prerequisite: RECR 162.

RECR 163: Swimming: Intermediate. 1 credit.
Builds on basic-level swimming skills by providing practice for confidence, refinement of coordination, and improvement of other aquatic skills. Presents more advanced swimming strokes and focuses on physical conditioning and aquatic safety. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading: This course is graded on the Undergraduate Regular scale.

Recommended Prerequisite: RECR 162.

RECR 169: Golf: Introduction. 1 credit.
Teaches basic golf terms, rules, and techniques for the full swing, putting, chipping, and pitching, as well as playing on a golf course. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading: This course is graded on the Undergraduate Regular scale.

Recommended Prerequisite: RECR 169.

RECR 170: Golf: Intermediate. 1 credit.
Designed for students with basic golf knowledge and skills. Includes course strategies, course management, the proper use of the rules, club selection, speed of play, skill building, and different golf formats. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading: This course is graded on the Undergraduate Regular scale.

Recommended Prerequisite: RECR 169.

RECR 171: Latin Dance. 1 credit.
Provides knowledge base of dance fundamentals and skill development in various Latin dances and will include basic rhythms, dance positions, floor alignments, techniques of leading and following, and maintenance of dance frame in partner dancing. Introduces dances which may include but not restricted to Merengue, Mambo, Samba, Salsa, and Bachata. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading: This course is graded on the Undergraduate Regular scale.

RECR 172: Social Dance. 1 credit.
Provides a knowledge base of dance fundamentals and skill development in various ballroom dances and includes basic rhythms, dance positions, floor alignments, techniques of leading and following, and maintenance of dance frame in partner dancing. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading: This course is graded on the Undergraduate Regular scale.

RECR 173: Social Dance II. 1 credit.
Provides an introduction to the tango and additional patterns for popular social dance that may include the fox trot, waltz, cha-cha, rumba, and Eastern swing. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading: This course is graded on the Undergraduate Regular scale.

Recommended Prerequisite: RECR 171 or 172 or 173.

RECR 174: Competitive Latin and Ballroom Dance. 1 credit.
Increase knowledge base of dance fundamentals and skill development in the competitive style of Latin and Ballroom dances. Focuses on alignments, techniques of leading and following, and maintenance of dance frame in partner dancing in competitive dances. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading: This course is graded on the Undergraduate Regular scale.

RECR 180: Meditation: Introduction. 1 credit.
Introduces students to philosophical foundations of meditation. Guides in the practice of meditation and its application to daily mental focus and concentration. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading: This course is graded on the Undergraduate Regular scale.

RECR 182: Pilates: Introduction. 1 credit.
Provides the history and basic foundations of Pilates including an introduction to beginning Pilates exercises and their proper execution; exploration of modifications for certain exercises and the various props which may be used in the group class setting. Offered by Recreation, Health & Tourism. Limited to three attempts.

Schedule Type: Activity-Based
Grading:
This course is graded on the Undergraduate Regular scale.

**RECR 183: Pilates: Intermediate.** 1 credit.
Provides students with advanced knowledge and skills in Pilates techniques and exercises. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Recommended Prerequisite:** RECR 182.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 184: Tai Chi: Introduction.** 1 credit.
Increase awareness of the mind and body. Introduces basic principles of Chi (energy) and Yin Yang (polarity) and how they apply to the body through practicing the Tai Chi movements. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 185: Tai Chi: Intermediate.** 1 credit.
Teaches Tai Chi Weapon (Tai Chi Straight Sword), as well as basic principles of Tai Chi. Increases awareness of the mind and body. Indicate number. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Recommended Prerequisite:** RECR 184.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 186: Yoga: Introduction.** 1 credit.
Introduces students to the practice of Hatha yoga. Emphasizes yoga asanas (postures) and pranayama (breathing exercises) to enhance physical fitness and mental concentration. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.

**RECR 187: Yoga: Intermediate.** 1 credit.
Emphasizes mastery of yoga asanas (postures) and pranayama (breathing techniques) to enhance physical fitness and mental concentration. Focuses on 10 new yoga poses and practice of the complete Sun Salutation. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Recommended Prerequisite:** RECR 186.

**Schedule Type:** Activity-Based

**Grading:**
This course is graded on the Undergraduate Regular scale.