RECREATION (RECR)

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. May not be repeated for credit. Equivalent to PHED 138.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 100.

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 145.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 169.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 102 or permission of instructor.

Schedule Type: Studio

RECR 104: Karate: Introduction. 1 credit.
Emphasizes techniques, forms (kata), and sets (drills) from the American Kenpo 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. May not be repeated for credit. Equivalent to PHED 163.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 164.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 104.

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 179.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 183.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 106.

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 134.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 135.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 108.

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 136.
RER 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. May not be repeated for credit. Equivalent to PHED 147.

RER 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. May not be repeated for credit. Equivalent to PHED 147.

RER 113: Fencing. 1 credit.
Gives the beginning student basic knowledge of the sport of fencing and teaches the fundamental movements so students can fence at a novice level. Teaches basic officiating and etiquette of the sport. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PHED 103.

RER 114: Aerobics/Basic Conditioning. 1 credit.
Introduces aerobic 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 an aerobic fitness program. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PHED 105.

RER 115: 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. May not be repeated for credit. Equivalent to PHED 175.

RER 116: 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. May not be repeated for credit. Equivalent to PHED 108.

RER 117: Horsemanship: Introduction. 1 credit.
Introduces practical and experiential activities for students with starting knowledge of horseback riding and horsemanship. 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. May not be repeated for credit. Equivalent to PRLS 110.

RER 118: 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, serpentines, and change of direction). Focuses on how equitation affects the horse and horse behavior affects riding and safety. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PRLS 122.

RER 119: Horsemanship: Advanced. 1 credit.
Continues to enhance skills of horseback riding and horsemanship. Emphasizes how to care for a horse, tack a horse, and basic riding knowledge of horseback riding. Involves discussion, demonstrations, and activities that teach the basics of horseback riding. 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. May not be repeated for credit. Equivalent to PRLS 192.
Introduces entry-level skills and knowledge necessary to navigate rapids up to Class II difficulty and plan and execute trips on moving water. Covers content such as paddle strokes and maneuvers, boat handling, basic terminology, equipment, proper clothing, kayak design, trip planning, river safety, self and group rescue techniques, water reading, river etiquette, and environmental ethics. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PRLS 170.

**Specialized Designation:** Physical Activity Course

**Schedule Type:** Studio

RECR 127: *Coastal Kayaking: Intro*. 2 credits.
Provides instruction on core skills and knowledge necessary to safely paddle sea/coastal kayaks and plan trips on non-whitewater rivers and coastal environments. Includes instruction in, but not limited to, boat handling, terminology, kayak design, trip planning, marine hazards and safety, rules of the Nautical Road, weather and tides and environmental ethics. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PRLS 173.

**Specialized Designation:** Physical Activity Course

**Schedule Type:** Studio

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. May not be repeated for credit. Equivalent to PRLS 184.

**Specialized Designation:** Physical Activity Course

**Schedule Type:** Studio

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. May not be repeated for credit. Equivalent to PRLS 190.

**Specialized Designation:** Physical Activity Course

**Schedule Type:** Studio

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. May not be repeated for credit. Equivalent to PRLS 191.

**Specialized Designation:** Physical Activity Course

**Schedule Type:** Studio

RECR 133: *Indoor Rock Climbing: Intro*. 1 credit.
Introduces equipment, techniques, safety, and planning related to basic rock climbing. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PRLS 116.

**Recommended Prerequisite:** RECR 132 or 134.

**Specialized Designation:** Physical Activity Course

**Schedule Type:** Studio

Teaches basic climbing terms, techniques, equipment, and safety practices for top rope belay climbing and rappelling. Builds on communication skills and trust. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PRLS 117.

**Specialized Designation:** Physical Activity Course

**Schedule Type:** Studio

Provides advanced instruction into techniques and knowledge including climbing movements, knots and basic rope systems, rappelling, bouldering, introduction to sport climbing, and climbing history. Involves outdoor rock climbing sessions at local site. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PRLS 187.

**Specialized Designation:** Physical Activity Course

**Recommended Prerequisite:** RECR 133 or 134.

**Schedule Type:** Studio

RECR 136: *Pistol Marksmanship*. 1 credit.
Introduces students to marksmanship skills in Olympic sport and target shooting. Increases students' knowledge of shooting safety, position shooting, equipment care and maintenance, and shooting sports competition methods and techniques. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PRLS 124.

**Specialized Designation:** Physical Activity Course

**Schedule Type:** Studio

Designed to educate the student on gun and range safety. Includes hands-on learning of the games trap and skeet, where competitors fire at clay targets (approximately 4 1/4 inches in diameter and 1 1/2 inches in height) launched from a trap at varying angles. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PRLS 119.

**Specialized Designation:** Physical Activity Course

**Schedule Type:** Studio

Increases the skill competencies in trap shooting. Includes hands-on learning of the different trap games (16-yard, handicap, doubles, and Olympic trap shoot on a wobble trap) where competitors fire at clay targets (approximately 4 7 inches in diameter and 1 7 inches in height) launched from a trap at varying angles. Emphasizes gun and range safety. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PRLS 121.

**Specialized Designation:** Physical Activity Course

**Recommended Prerequisite:** RECR 137 or permission of instructor.

**Schedule Type:** Studio
RECR 139: Archery: Introduction. 1 credit.
Introduces students to competitive archery. Provides instruction for shooting safety, proper form and technique, equipment maintenance, and rules for competing in Olympic style FITA tournaments. Offered by Recreation, Health & Tourism. May not be repeated for credit.

Schedule Type: Activity-Based

RECR 141: Basketball: Introduction. 1 credit.
Introduces the basic elements of basketball, including dribbling, passing, shooting, tactics, and strategy. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PHED 120.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 102.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 143.

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 182.

Specialized Designation: Physical Activity Course

RECR 145: Volleyball: Introduction. 1 credit.
Introduces students to fundamental knowledge and basic skills of volleyball. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PHED 174.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 177.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

RECR 153: Racquetball: Introduction. 1 credit.
Introduces basic racquetball terms, rules, scoring, safety, and techniques for the forehead, backhand, overhead, and serve, as well as singles and doubles strategies. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PHED 165.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 166.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 153 or permission of instructor.

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 151.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 153.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 155.

Schedule Type: Studio

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. With successful completion of the course, qualifies students for open water certification by Scuba Schools International (SSI). Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PHED 255.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 110.

Specialized Designation: Physical Activity Course

Schedule Type: Studio
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. May not be repeated for credit. Equivalent to PHED 150.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 162.

Schedule Type: Studio

RECR 164: Swimming: Advanced. 1 credit.
Builds on intermediate-level swimming skills by providing practice to refine and perfect swimming strokes, so that students swim with more ease, efficiency, power, and smoothness over greater distances. Focuses on developing a higher level of fitness and maintaining better physical conditioning. Introduces other aquatic activities to enrich the class and broaden the horizons of the participant. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PHED 162.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

RECR 167: Bowling: Introduction. 1 credit.
Teaches the sport of 10-pin bowling. Covers topics such as bowling etiquette, history of bowling, playing rules for league members, scoring, different approaches to the game, and the appropriate equipment for these approaches. Appropriate for inexperienced and experienced bowlers. Offered by Recreation, Health & Tourism. May not be repeated for credit. Equivalent to PHED 162.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 140.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 169.

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 113.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 107.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 127.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 193.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 171 or 172 or 173.

Schedule Type: Studio

RECR 181: 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. May not be repeated for credit. Equivalent to PHED 181.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 131.

Specialized Designation: Physical Activity Course

Schedule Type: Studio
RECR 183: Pilates: Intermediate. 1 credit.
Provides students with advanced knowledge and skills in Pilates
techniques and exercises. Offered by Recreation, Health & Tourism. May
not be repeated for credit. Equivalent to PHED 178.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 182.

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 149.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May not be repeated
for credit. Equivalent to PHED 160.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 184.

Schedule Type: Studio

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. May not be repeated for credit. Equivalent to PHED 129.

Specialized Designation: Physical Activity Course

Schedule Type: Studio

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. May
not be repeated for credit. Equivalent to PHED 130.

Specialized Designation: Physical Activity Course

Recommended Prerequisite: RECR 186.

Schedule Type: Studio