

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Registration Restrictions:

Required Prerequisites: (RECR 100^{*C} or 100^{XS}).

* May be taken concurrently.

^C Requires minimum grade of C.

^{XS} Requires minimum grade of XS.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Registration Restrictions:

Required Prerequisites: (RECR 102^C or 102^{XS}).

^C Requires minimum grade of C.

^{XS} Requires minimum grade of XS.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Recommended Corequisite: RECR 106 Krav Maga: Introduction or Permission of Instructor

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Recommended Prerequisite: RECR 108.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Recommended Prerequisite: RECR 110.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

RECR 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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

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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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

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RECR 121: *Backpacking: Introduction.* 2 credits.

Introduces practical and experiential activities for students with starting knowledge of backpacking. Involves discussions, demonstrations, and activities that teach the basics of backpacking. 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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

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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 8's, serpentine, and change of direction). Focuses on how equitation affects the horse and horse behavior affects riding and safety. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Recommended Prerequisite: RECR 124.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

RECR 130: Introduction to Marksmanship. 1 credit.

Orients users of air powered rifles and pistols in firearm safety during international level target shooting and other competitive marksmanship. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

RECR 133: Indoor Rock Climbing: Intro. 1 credit.

Introduces equipment, techniques, safety, and planning related to basic rock climbing. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

RECR 134: Rock Climbing: Introduction. 2 credits.

Teaches basic climbing terms, techniques, equipment, and safety practices for top rope belay climbing and rappelling. Builds on communication skills and trust. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based**Grading:**

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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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based**Grading:**

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RECR 137: Trap and Skeet Shooting: Intro. 2 credits.

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

RECR 141: Basketball: Introduction. 1 credit.

Introduces the basic elements of basketball, including dribbling, passing, shooting, tactics, and strategy. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

RECR 142: Cricket. 1 credit.

Introduces students to the basic elements of cricket. This includes bowling, batting fielding, umpiring, and strategy. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

RECR 143: Soccer: Introduction. 1 credit.

Introduces the basic elements of soccer including dribbling, kicking, passing, trapping, tactics, and strategy. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Recommended Prerequisite: RECR 143.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

RECR 145: Volleyball: Introduction. 1 credit.

Introduces students to fundamental knowledge and basic skills of volleyball. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

RECR 152: Pickleball. 1 credit.

Introduces basic knowledge and skills to play Pickleball such as forehand, backhand, ground strokes, volleys and serves, as well as the rules and strategies for singles and doubles play. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Recommended Prerequisite: RECR 155.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Recommended Prerequisite: RECR 162.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of

Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

RECR 183: *Pilates: Intermediate.* 1 credit.

Provides students with advanced knowledge and skills in Pilates techniques and exercises. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Recommended Prerequisite: RECR 182.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Schedule Type: Activity-Based

Grading:

This course is graded on the Undergraduate Regular scale. (<https://catalog.gmu.edu/policies/academic/grading/>)

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 School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

Recommended Prerequisite: RECR 186.

Schedule Type: Activity-Based

Grading:

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