Lifetime Leisure Skills

Director
- Steve Campbell

Web site: http://recserv.uiowa.edu/

Lifetime Leisure Skills courses are open to University of Iowa undergraduate and graduate students. Undergraduates in the College of Liberal Arts and Sciences may count credit earned in Lifetime Leisure Skills courses toward the minimum of 120 s.h. required for a bachelor's degree. Students should consult with their academic advisors.

Courses

Lower-Level Undergraduate

LLS:1002 Water Safety Instructor 1 s.h.
Training for instructor candidates to teach courses in the American Red Cross Swimming and Water Safety Program; how to use course materials, conduct training sessions, and evaluate participants’ progress.

LLS:1003 Wilderness First Responder 2 s.h.
Skills necessary for providing critical medical care and making evacuation decisions in remote wilderness locations; interactive lectures, case studies, and hands-on practice through realistic scenarios help master material; 80-hour certification course.

LLS:1004 Waltz 1 s.h.
Beginning through intermediate-level waltz figures; performing a beautiful waltz routine; skills and knowledge to dance with confidence at any formal dance occasion.

LLS:1005 Intermediate Ballroom Dancing: Rhumba, Cha Cha, Merengue 1 s.h.

LLS:1006 Intermediate Ballroom Dancing: Foxtrot, Waltz, Tango 1 s.h.
Intermediate-level figures in three of the most beautiful and popular dances in the world—foxtrot, waltz, and tango; review of basics. Recommendations: LLS:1060.

LLS:1007 Introduction to Rowing 1 s.h.
Introduction to technique, vocabulary, and procedures needed to safely participate in the sport of rowing; use of rowing machines, rowing tank, and rowing shells.

LLS:1008 Intermediate Kickboxing 1 s.h.
Aggressive workout utilizing heavy bags, coach’s mitts, and other equipment; conducted at moderate to intense pace using competitive kickboxing techniques, training methods, and equipment; kickboxing as a conditioning tool with self-defense as a byproduct; not designed to prepare for competition. Prerequisites: LLS:1047.

LLS:1009 Introduction to the Outdoors 1 s.h.
Introduction to wonderful world of camping; focus on development of skills and knowledge pertaining to camping equipment, campsite selection and setup, outdoor cooking, useful knots, and “Leave No Trace” principles; overnight camping required.

LLS:1010 Whitewater Kayak Playboating 1 s.h.
Varied techniques of playboating—a style of whitewater kayaking in which the paddler performs tricks on natural or human-made whitewater features; taught in Field House pool and at rivers in Iowa with whitewater kayaking parks. Recommendations: previous whitewater kayaking experience or LLS:1049.

LLS:1011 Stand Up Paddleboarding 1 s.h.
Introduction to physical skills and knowledge of equipment to safely enjoy paddleboarding on flat, calm water; paddling environment, board and paddle control, standing and balancing, personal preparation and safety. Taught at Macbride Nature Recreation Area.

LLS:1041 Scuba 1 s.h.
Basics of scuba diving. Taught in CRWC wet classroom and natatorium. Seven weeks.

LLS:1042 Introduction to Rock Climbing 1 s.h.
Utilization of indoor and outdoor climbing classrooms; comprehensive introduction to physical techniques of rock climbing, mechanical skills of belaying, proper usage of personal protective equipment, and common climbing terminology.

LLS:1043 Bicycle Touring 1 s.h.
Basics of bicycle touring; riding techniques, basic bicycle maintenance, rules of the road. Taught on Johnson County area roads and trail systems.

LLS:1044 Mountain Bicycling 1 s.h.
Basics of mountain bicycling; riding techniques, basic bicycle maintenance, trail etiquette. Taught on Sugar Bottom recreation trail system.

LLS:1045 Leadership in the Outdoors 3 s.h.
Leadership theories, group dynamics, expedition logistics, outdoor leadership skills, risk management; indoor and outdoor classroom sessions, overnight camping required; technical skill development may include backpacking, canoeing, kayaking, rock climbing, mountain biking, bike touring, general camping.

LLS:1046 Tae Kwon Do 1 s.h.
Basics of Tae Kwon Do. Eight weeks.

LLS:1047 Kickboxing 1 s.h.
Basics of kickboxing. Eight weeks.

LLS:1048 Canoeing 1 s.h.
Basics of flatwater canoeing; paddle strokes, canoe anatomy, water safety. Taught at Macbride Nature Recreation Area.
LLS:1049 White Water Kayaking 1 s.h.  
Basics of whitewater kayaking; paddle strokes, kayak anatomy, rolling and bracing, water safety, whitewater hydrology; introductory session in Field House pool, weekend spent on rivers in Wisconsin or Missouri.

LLS:1050 White Water Canoeing 1 s.h.  
Basics of whitewater canoeing; paddle strokes, canoe anatomy, water safety, whitewater hydrology; overnight camping required. Taught on rivers in Wisconsin or Missouri.

LLS:1051 Marathon Training 1 s.h.  
Multiweek training program; for students who currently run on a regular basis and wish to take their running to a more advanced level.

LLS:1052 Intermediate Cross-Country Skiing 1 s.h.  
Skate skiing in northern Wisconsin. Prerequisites: LLS:1075.

LLS:1053 River Canoeing 1 s.h.  
Fundamentals of tandem canoeing on moving water; basic paddling strokes, canoe anatomy, hydrology, river safety; overnight camping required.

LLS:1054 Dog Sledding 1 s.h.  
Basics of dog sledding and winter camping.

LLS:1055 Intermediate Rock Climbing 1 s.h.  
Builds on skills learned in LLS:1042; overnight camping required. Prerequisites: LLS:1042.

LLS:1056 Hiking 1 s.h.  
Basics of hiking and camping. Taught at Devil's Lake State Park in Wisconsin.

LLS:1057 Backcountry Skiing and Snowshoeing 1 s.h.  
Basics of backcountry winter travel and camping.

LLS:1058 Basic Self Defense 1 s.h.  
Basics of self-defense.

LLS:1059 Intermediate Tae Kwon Do 1 s.h.  
Development of knowledge and skills learned in LLS:1046. Prerequisites: LLS:1046.

LLS:1060 Ballroom Dancing 1 s.h.  
Basics of ballroom dancing.

LLS:1062 Trail Running 1 s.h.  
Techniques of off-road running; utilization of local running trails in and around Iowa City; emphasis on proper training, clothing, equipment, and nutrition.

LLS:1063 Introduction to Nature Photography 1 s.h.  
Basics of outdoor photography; no darkroom requirement. Taught at Macbride Nature Recreation Area.

LLS:1064 Basic Orienteering 1 s.h.  
Basics of orienteering, including map and compass skills. Taught at Macbride Nature Recreation Area.

LLS:1065 Low Impact Camping 1 s.h.  
Seven principles of "Leave No Trace," an international standard for the ethical utilization and enjoyment of outdoor spaces; overnight camping experience at Macbride Nature Recreation Area.

LLS:1066 Exploring the Natural Wonders of Iowa 1 s.h.  
Natural history of the Loess Hills of western Iowa, Maquoketa Caves of eastern Iowa, or Effigy Mounds National Monument of northeastern Iowa; weekend hiking and camping.

LLS:1067 Team Building Challenge Course 1 s.h.  
Various methods of team building and common characteristics of successful teams through the use of UI High Adventure Challenge Course; strong emphasis on cooperative group work and discussions.

LLS:1068 Wilderness Appreciation 1 s.h.  
Basics of wilderness appreciation; one overnight camping experience. Taught at Macbride Nature Recreation Area.

LLS:1069 Basic Snowshoeing 1 s.h.  
Basics of snowshoeing. Taught on trails in northern Minnesota.

LLS:1070 Intermediate Bicycle Touring 1 s.h.  
How to plan and pack for self-sustained, overnight bicycle touring trips; overnight camping required. Prerequisites: LLS:1043.

LLS:1071 Advanced Open Water Scuba 1 s.h.  
Participation in five scuba diving specialty activities. Prerequisites: LLS:1041. Requirements: certification as open water scuba diver.

LLS:1072 Basic Sea Kayaking 1 s.h.  
Basics of sea kayaking using solo and tandem boats. Taught at Lake Macbride.

LLS:1073 Winter Camping 1 s.h.  
How to successfully and comfortably camp in cold, harsh conditions; snow shelters, hydration, meal preparation, clothing needs; snowshoe/ski travel with sleds (as conditions permit).

LLS:1074 Intermediate Mountain Bicycling 1 s.h.  
Mountain bicycling knowledge and skill developed on intermediate-level trails; on-trail maintenance. Prerequisites: LLS:1044.

LLS:1075 Basic Cross-Country Skiing 1 s.h.  
Basics of cross-country skiing in northern Wisconsin.

LLS:1076 Mountain Bicycling in Moab 1 s.h.  
Advanced mountain bicycling techniques. Taught near Moab, Utah. Prerequisites: LLS:1044.

LLS:1077 Backpacking 1 s.h.  
Development of skills necessary for remote, multiday, backcountry travel while exploring some of the most iconic backpacking trails in the United States; locations have and may include Grand Canyon National Park, Canyonlands National Park, and the Appalachian Trail; physically strenuous.
LLS:1078 Ballroom Dancing—Nightclub Series 1 s.h.
Salsa, the Hustle, nightclub Two-Step, Argentine tango.

LLS:1079 Ballroom Dancing—Rhythm and Smooth 1 s.h.
Mambo, samba, waltz, Viennese waltz.

LLS:1080 Challenge Course Facilitation 3 s.h.
How to effectively and purposefully facilitate and lead challenge course activities; philosophy and history of challenge courses, group games and initiatives, processing and debriefing with challenge course groups, low- and high-course elements, risk management.

LLS:1081 Hut-to-Hut Skiing 1 s.h.
Cross-country skiing in Colorado's 10th Mountain Hut System.

LLS:1082 Introduction to Bouldering 1 s.h.
Basic skills and technique for bouldering with a partner. Taught at Horse Pens 40 in Alabama and/or Rocktown in Georgia.

LLS:1083 Tandem Biking 1 s.h.
How to ride a tandem bicycle with a partner; traffic principles and safety concerns; equipment and accessories for tandem bikes.

LLS:1084 Late Night Outdoor Recreation 1 s.h.
Nighttime outdoor activities such as moonlight kayaking and canoeing, night hiking, orienteering, bouldering.

LLS:1085 Bicycle Racing Techniques 1 s.h.
Basic skills and techniques of bicycle racing.

LLS:1086 Stretch Strength Relaxation (RelaXercise) 1 s.h.
Stress reduction through exercise, stretching, meditation, and full body breathing techniques.

LLS:1087 Modern Dance for Fitness 1 s.h.
Basic working knowledge of modern dance; introduction to modern dance styles, skills, physical art, and discipline; focus on movement, dance techniques and skill, performance, creative experience.

LLS:1088 Salsa Dancing 1 s.h.
Fundamentals of Latin/Salsa dancing; musical rhythms, cultural history, postures, technique, basic movements; techniques for developing strength, stamina, balance, poise, and partner dancing skills; gender interaction and traditional social behaviors in salsa's cultural context.

LLS:1089 Service Learning 1 s.h.
Service learning project in an urban or wilderness setting; learn about local community, environment; projects depend on location, season.

LLS:1090 Rock Climbing Anchor Systems 2 s.h.
Development of basic skills for climbing anchors; understanding setting top-rope anchors; use of bolts, trees, and passive and mechanical chocks for anchor setting; equalization of anchors; basic knots for rope, webbing, and cordelettes; basic understanding of the structural integrity and frictional forces important to anchor setting.

LLS:1091 Lifeguarding 1 s.h.
American Red Cross lifeguard training through classroom learning, hands-on practice; surveillance skills for preventing and recognizing injuries; land and water rescue skills; first-aid training, professional rescuer CPR; professional lifeguard responsibilities (e.g., interacting with the public, addressing uncooperative persons); certification in lifeguarding, first aid, professional rescuer CPR, AED.

LLS:1092 Bicycling Southern States 1 s.h.
Ride routes and trails between Memphis, TN and Vicksburg, MS; see everything from Graceland to cotton fields by bicycle; vehicle supported adventure, camp while exploring the Southern states.

LLS:1093 Intermediate Sea Kayaking 1 s.h.
Exploration of the beautiful waters of Lake Powell by sea kayak, venture into remote hidden side canyons, gaze at stunning landscape, and camp on secluded beaches under star-filled sky; learn skills needed to be a safe and efficient sea kayak adventurer, including packing and transporting boats, paddle strokes, rescue techniques.

LLS:1094 Land Navigation 1 s.h.
Travel to the American Southwest to learn navigation and camping skills in a beautiful remote wilderness; focus on map and compass skills including declination, bearings, triangulation, topographical map reading, situational awareness; backcountry camping skills; very physically strenuous.

LLS:1095 Movement Analysis and Relaxation Techniques for Fitness 1 s.h.
Intensive workshop about connections: body to mind, breathing to efficient strengthening and stretching, stability to mobility, exertion to recuperation, function to expression; objectively observe, record, analyze, and understand student's own movement and that of classmates to bring positive change to movement habits and behavior which block energy and create unneeded stress, inhibit full movement ability and not allow for optimal, desired performance; mindful, efficient, articulate movement.

LLS:1096 Brazilian Jiu-Jitsu 1 s.h.
Introduction to the sport of Brazilian Jiu Jitsu; basic self-defense, positional grappling, submissions, submission defense.

LLS:1097 Introduction to Lead Climbing 1 s.h.
Fundamentals of lead climbing and lead belaying; use of 52.5-foot tall climbing wall at CRWC; eligible to lead climb at UI Climbing Wall after successful completion of course. Prerequisites: LLS:1042.
LLS:1098 Yoga 1 s.h.
Emphasis on mindfulness, breath awareness, and attention to alignment.

LLS:1099 Golf 1 s.h.
Basic principles and fundamentals of golf swing (e.g., full swing, pitching, chipping, putting); opportunity to practice skills at various facilities; history, basic rules, proper golf etiquette, evolution of golf related to technology.

Upper-Level Undergraduate and Graduate

LLS:4000 Independent Study arr.
Individual study in an area of interest to students; course work determined by faculty supervisor.