

Lifetime Leisure Skills

Director

- Steve Campbell

Website: <https://recserv.uiowa.edu/programs/lifetime-leisure-skills>

Lifetime Leisure Skills (LLS) courses are designed to engage students in fun and healthy recreational activities that can be continued beyond college and throughout their lives. Courses range from outdoor recreation activities such as rock climbing, canoeing, kayaking, backpacking, biking, and camping to indoor activities that include tae kwon do, kickboxing, brazilian jiu-jitsu, salsa dancing, and ballroom dancing. LLS courses are appropriate for students at all skill levels.

While the majority of courses are on campus or in the Iowa City area, several off-campus courses are held in locations that include Grand Canyon National Park, Canyonlands National Park, Arches National Park, Big Bend National Park, Grand Staircase-Escalante National Monument, Glen Canyon National Recreation Area, Effigy Mounds National Monument, Loess Hills State Forest, Yellow River State Forest, Maquoketa Caves State Park, Devil's Lake State Park, and the Upper Iowa River.

Lifetime Leisure Skills courses are open to University of Iowa undergraduate and graduate students. Undergraduate students in the College of Liberal Arts and Sciences may count credit earned in Lifetime Leisure Skills courses toward the total number of semester hours required for their degree. Students should consult their academic advisor.

Courses

Lifetime Leisure Skills Courses

- LLS:1100 Introduction to Camping** 1 s.h.
Introduction to the wonderful world of camping; focus on development of skills and knowledge pertaining to camping equipment, campsite selection and setup, outdoor cooking, useful knots, and minimum impact principles; overnight camping required.
- LLS:1110 Exploring Iowa's Natural Wonders** 1 s.h.
Natural history of the Loess Hills of western Iowa, Maquoketa Caves of eastern Iowa, or Effigy Mounds National Monument and Yellow River State Forest of northeastern Iowa; overnight camping required.
- LLS:1115 Hiking** 1 s.h.
Beginner-level hiking skills; safety and planning; proper care and use of equipment; physically strenuous; overnight camping required.
- LLS:1116 Leave No Trace 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:1120 Backpacking** 1 s.h.
Beginner-level backpacking skills; basic map reading, proper packing and planning, equipment and clothing selection; physically strenuous; overnight camping required.
- LLS:1121 Expedition Backpacking** 1 s.h.
Remote, multiday, backcountry camping skills; proper packing and planning; backcountry nutrition; topographic map reading; equipment and clothing selection; very physically strenuous; overnight camping required.
- LLS:1130 Basic Orienteering** 1 s.h.
Basics of orienteering, including map and compass skills. Taught at Macbride Nature Recreation Area.
- LLS:1131 Expedition Orienteering** 1 s.h.
Extensive navigation and camping skills in a remote wilderness; focus on map and compass skills including declination, bearings, triangulation, topographical map reading, situational awareness; backcountry camping skills; very physically strenuous.
- LLS:1140 Team Building** 1 s.h.
Exploration of various methods of team building and common characteristics of successful teams through the use of UI Challenge Course; strong emphasis on cooperative group work and discussions.
- LLS:1141 Challenge Course Facilitation** 3 s.h.
How to effectively 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 setup procedures, risk management.
- LLS:1150 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:1200 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:1201 Intermediate Rock Climbing** 1 s.h.
Expands on skills learned in LLS:1200; students must have current belay card at the UI Climbing Wall; overnight camping required. Prerequisites: LLS:1200.
- LLS:1202 Expedition Rock Climbing** 1 s.h.
Multiday climbing expedition; physically strenuous; overnight camping required.
- LLS:1205 Anchor Systems for Top Rope Climbing** 1 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:1210 Introduction to Lead Climbing: Sport** 1 s.h.
Fundamentals of single-pitch sport climbing on lead; belaying a leader; use of 52.5-foot tall climbing wall at CRWC; eligible to obtain lead climbing approval at UI Climbing Wall after successful completion of course. Prerequisites: LLS:1042.
- LLS:1212 Expedition Lead Climbing: Sport** 1 s.h.
Multiday single-pitch sport lead climbing expedition; requires current lead climbing approval for UI Campus Recreation and Wellness Center climbing wall; overnight camping required.
- LLS:1230 Introduction to Bouldering** 1 s.h.
Basic skills, safety, and techniques for bouldering.

LLS:1232 Expedition Bouldering	1 s.h.	LLS:1403 Expedition Canoeing	1 s.h.
Multiday bouldering expedition; overnight camping required.		How to plan and pack for multiday canoeing expeditions; Leave No Trace primitive camping; paddling skills in loaded canoes; reading river/lake maps; portaging techniques; rescue techniques; overnight camping required.	
LLS:1240 Introduction to Ice Climbing	1 s.h.	LLS:1410 Sea Kayaking	1 s.h.
Basics of ice climbing.		Basics of sea kayaking using solo and tandem boats. Taught at Macbride Nature Recreation Area.	
LLS:1241 Expedition Ice Climbing	1 s.h.	LLS:1411 Expedition Sea Kayaking	1 s.h.
Multiday ice climbing expedition.		Multiday sea kayaking expedition; primitive camping; paddling skills in loaded kayaks, reading river/lake maps, rescue techniques.	
LLS:1300 Recreational Cycling	1 s.h.	LLS:1420 River Kayaking	1 s.h.
Basics of bicycling for recreation; riding techniques, basic bicycle maintenance, rules of the road; students must already know how to ride a bike; physically strenuous. Taught on Johnson County area roads and trail systems.		Fundamentals of kayaking on moving water; basic paddling strokes, kayak anatomy, hydrology, river safety; overnight camping required.	
LLS:1301 Urban Cycling	1 s.h.	LLS:1421 Whitewater Kayaking	1 s.h.
How to safely navigate urban areas by bicycle; traffic laws, situational awareness, basic maintenance, planning and route considerations.		Basics of whitewater kayaking; paddle strokes, kayak anatomy, rolling and bracing, water safety, whitewater hydrology; introductory pool session; overnight camping required.	
LLS:1302 Tandem Biking	1 s.h.	LLS:1422 Whitewater Kayak Playboating	1 s.h.
How to ride a tandem bicycle with a partner; traffic principles and safety concerns; equipment and accessories for tandem bikes; physically strenuous.		Varied techniques of playboating—a style of whitewater kayaking in which the paddler performs tricks on natural or human-made whitewater features; introductory pool session; taught on rivers in Iowa with whitewater kayaking parks. Recommendations: previous whitewater kayaking experience or LLS:1421.	
LLS:1310 Bicycle Touring	1 s.h.	LLS:1423 Expedition Whitewater Kayaking	1 s.h.
Planning and packing for self-supported, overnight bicycle touring trips; proper care and use of equipment; physically strenuous; overnight camping required.		Multiday whitewater kayaking expedition; class I-III rapids, rolling and bracing, safety and rescue techniques; overnight camping required.	
LLS:1311 Expedition Bicycle Touring	1 s.h.	LLS:1430 Stand Up Paddleboarding	1 s.h.
Multiday self-supported bicycle touring expedition; camp while exploring iconic touring routes of the United States; very physically strenuous; overnight camping required.		Introduction to paddleboarding skills on flat, calm water; paddling environment, board and paddle control, standing and balancing, personal preparation and safety.	
LLS:1320 Mountain Biking	1 s.h.	LLS:1431 Stand-Up Paddleboard Yoga	1 s.h.
Basics of mountain bicycling; riding techniques, basic bicycle maintenance, trail etiquette. Taught on Sugar Bottom recreation trail system.		Paddleboarding and yoga, learning and combining two skills in one course; for all skill levels.	
LLS:1322 Expedition Mountain Biking	1 s.h.	LLS:1440 Scuba	1 s.h.
Multiday mountain bicycling expedition; very physically strenuous; overnight camping required.		Basics of Scuba diving. Seven weeks.	
LLS:1350 Marathon Training	1 s.h.	LLS:1441 Advanced Open Water Scuba	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; physically strenuous.		Participation in five scuba diving specialty activities. Prerequisites: LLS:1440. Requirements: certification as open water scuba diver.	
LLS:1360 Trail Running	1 s.h.	LLS:1500 Winter Camping	1 s.h.
Techniques of off-road running; local running trails in and around Iowa City; emphasis on proper training, clothing, equipment, and nutrition; physically strenuous; no experience required.		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:1361 Expedition Trail Running	1 s.h.	LLS:1510 Snowshoeing	1 s.h.
Multiday trail running expedition; very physically strenuous; overnight camping required.		Basics of snowshoeing; physically strenuous.	
LLS:1400 Flat Water Canoeing	1 s.h.	LLS:1512 Expedition Snowshoeing	1 s.h.
Basics of flat water tandem canoeing; paddle strokes, canoe anatomy, water safety. Taught at Macbride Nature Recreation Area.		Multiday snowshoeing and winter camping expedition; very physically strenuous; overnight camping required.	
LLS:1401 River Canoeing	1 s.h.	LLS:1520 Cross-Country Skiing	1 s.h.
Fundamentals of tandem canoeing on moving water; basic paddling strokes, canoe anatomy, hydrology, river safety; overnight camping required.		Basics of cross-country skiing in northern Wisconsin.	
LLS:1402 Whitewater Canoeing	1 s.h.	LLS:1522 Expedition Cross-Country Skiing	1 s.h.
Basics of whitewater canoeing; paddle strokes, canoe anatomy, water safety, whitewater hydrology; overnight camping required.		Multiday cross-country skiing expedition; physically strenuous.	
		LLS:1530 Alpine Skiing	1 s.h.
		Basics of downhill skiing; physically strenuous.	

LLS:1532 Expedition Alpine Skiing	1 s.h.	LLS:1680 Golf	1 s.h.
Multiday alpine skiing expedition; very physically strenuous.		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.	
LLS:1600 Basic Self Defense	1 s.h.	LLS:1690 Beginning Gardening	1 s.h.
Basics of self-defense.		Fundamental skills for successfully growing vegetables and herbs outdoors and in containers.	
LLS:1610 Kickboxing	1 s.h.	LLS:1801 Wilderness First Responder	2 s.h.
Basics of kickboxing.		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:1611 Intermediate Kickboxing	1 s.h.	LLS:1840 Introduction to Nature Photography	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:1610.		Basics of outdoor photography; students must supply their own digital single lens reflex (DSLR) camera.	
LLS:1620 Tae Kwon Do	1 s.h.	LLS:1850 Service Learning	1 s.h.
Basics of Tae Kwon Do.		Service learning project in an urban or wilderness setting; learn about local community, environment; projects depend on location, season.	
LLS:1621 Intermediate Tae Kwon Do	1 s.h.	LLS:4000 Independent Study	arr.
Expand on knowledge and skills learned in LLS:1620. Prerequisites: LLS:1620.		Individual study in an area of interest to students; course work determined by faculty supervisor.	
LLS:1630 Brazilian Jiu-Jitsu	1 s.h.		
Introduction to the sport of Brazilian Jiu Jitsu; basic self-defense, positional grappling, submissions, submission defense; no martial arts experience required.			
LLS:1650 Introduction to Ballroom Dancing	1 s.h.		
Basics of ballroom dancing; overview of several figures; beginner level.			
LLS:1651 Ballroom Dancing: 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; for all skill levels.			
LLS:1652 Ballroom Dancing: Foxtrot and Tango	1 s.h.		
Beginning to intermediate-level figures in two of the most beautiful and popular dances in the world—foxtrot and tango; for all skill levels.			
LLS:1653 Ballroom Dancing: Rhumba, Cha Cha, Merengue	1 s.h.		
Beginner- to intermediate-level figures in three of the most popular and energy-charged Latin dances of today—Rhumba, Cha Cha, and Merengue; for all skill levels.			
LLS:1654 Ballroom Dancing: Nightclub Series	1 s.h.		
Salsa, the Hustle, Nightclub Two-Step, Argentine tango; for all skill levels.			
LLS:1655 Ballroom Dancing: Rhythm and Smooth	1 s.h.		
Mambo, samba, waltz, Viennese waltz; for all skill levels.			
LLS:1660 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; traditional social behaviors in salsa's cultural context.			
LLS:1665 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:1670 Relaxercise	1 s.h.		
Stress reduction through exercise, stretching, meditation, and full body breathing techniques.			
LLS:1675 Yoga	1 s.h.		
Emphasis on mindfulness, breath awareness, and attention to alignment.			