

Lifetime Leisure Skills Courses (LLS)

LLS Courses

This is a list of courses with the subject code LLS. For more information, see Lifetime Leisure Skills (University College) in the Catalog.

- 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: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:1150 Leadership in the Outdoors** 4 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; requires current belay card for UI Campus Recreation and Wellness Center 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:1206 Technique for Rock Climbing** 1 s.h.
Multiweek conditioning and technique program for improving rock climbing skills; warming up and stretching, movement, mental fitness, strength, power, endurance training, and goal setting. Prerequisites: LLS:1200. Requirements: must have a current belay card at UI climbing wall.
- LLS:1210 Introduction to Lead Climbing: Sport** 2 s.h.
Fundamentals of single-pitch sport climbing on lead; belaying a leader; use of 52.5 foot tall climbing wall at UI Campus Recreation and Wellness Center; eligible to obtain lead climbing approval after successful completion of course. Prerequisites: LLS:1200. Requirements: must have a current belay card at UI climbing wall.
- 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:1231 Introduction to Bouldering** 1 s.h.
Basic skills, safety, and techniques for bouldering.
- LLS:1232 Expedition Bouldering** 1 s.h.
Multiday bouldering expedition; overnight camping required.
- LLS:1240 Introduction to Ice Climbing** 1 s.h.
Basics of ice climbing.
- LLS:1241 Expedition Ice Climbing** 1 s.h.
Multiday ice climbing expedition.
- LLS:1300 Recreational Cycling** 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.
- LLS:1301 Urban Cycling** 1 s.h.
How to safely navigate urban areas by bicycle; traffic laws, situational awareness, basic maintenance, planning and route considerations.
- LLS:1310 Bicycle Touring** 1 s.h.
Planning and packing for self-supported, overnight bicycle touring trips; proper care and use of equipment; physically strenuous; overnight camping required.
- LLS:1311 Expedition Bicycle Touring** 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.
- LLS:1320 Mountain Biking** 1 s.h.
Basics of mountain bicycling; riding techniques, basic bicycle maintenance, trail etiquette. Taught on Sugar Bottom recreation trail system.

LLS:1322 Expedition Mountain Biking	1 s.h.	LLS:1500 Winter Camping	1 s.h.
Multiday mountain bicycling expedition; very physically strenuous; overnight camping 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:1360 Trail Running	1 s.h.	LLS:1510 Snowshoeing	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.		Basics of snowshoeing; physically strenuous.	
LLS:1361 Expedition Trail Running	1 s.h.	LLS:1512 Expedition Snowshoeing	1 s.h.
Multiday trail running expedition; very physically strenuous; overnight camping required.		Multiday snowshoeing and winter camping expedition; very physically strenuous; overnight camping required.	
LLS:1400 Flat Water Canoeing	1 s.h.	LLS:1520 Cross-Country Skiing	1 s.h.
Basics of flat water tandem canoeing; paddle strokes, canoe anatomy, water safety. Taught at Macbride Nature Recreation Area.		Basics of cross-country skiing in northern Wisconsin.	
LLS:1401 River Canoeing	1 s.h.	LLS:1522 Expedition Cross-Country Skiing	1 s.h.
Fundamentals of tandem canoeing on moving water; basic paddling strokes, canoe anatomy, hydrology, river safety; overnight camping required.		Multiday cross-country skiing expedition; physically strenuous.	
LLS:1403 Expedition Canoeing	1 s.h.	LLS:1530 Alpine Skiing	1 s.h.
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.		Basics of downhill skiing; physically strenuous.	
LLS:1410 Sea Kayaking	1 s.h.	LLS:1532 Expedition Alpine Skiing	1 s.h.
Basics of sea kayaking using solo and tandem boats. Taught at Macbride Nature Recreation Area.		Multiday alpine skiing expedition; very physically strenuous.	
LLS:1411 Expedition Sea Kayaking	1 s.h.	LLS:1610 Kickboxing	1 s.h.
Multiday sea kayaking expedition; primitive camping; paddling skills in loaded kayaks, reading river/lake maps, rescue techniques.		Basics of kickboxing.	
LLS:1420 River Kayaking	1 s.h.	LLS:1611 Intermediate Kickboxing	1 s.h.
Fundamentals of kayaking on moving water; basic paddling strokes, kayak anatomy, hydrology, river safety; overnight camping required.		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.	
LLS:1422 Whitewater Kayak Playboating	1 s.h.	LLS:1620 Tae Kwon Do	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; introductory pool session; taught on rivers in Iowa with whitewater kayaking parks. Recommendations: previous whitewater kayaking experience or LLS:1421.		Basics of Tae Kwon Do.	
LLS:1423 Expedition Whitewater Kayaking	1 s.h.	LLS:1630 Brazilian Jiu-Jitsu	1 s.h.
Multiday whitewater kayaking expedition; class I-III rapids, rolling and bracing, safety and rescue techniques; overnight camping required.		Introduction to the sport of Brazilian Jiu Jitsu; basic self-defense, positional grappling, submissions, submission defense; no martial arts experience required.	
LLS:1430 Stand Up Paddleboarding	1 s.h.	LLS:1650 Ballroom Dancing	1 s.h.
Introduction to paddleboarding skills on flat, calm water; paddling environment, board and paddle control, standing and balancing, personal preparation and safety.		Basics of ballroom dancing; overview of several figures; beginner level.	
LLS:1431 Stand-Up Paddleboard Yoga	1 s.h.	LLS:1651 Ballroom Dancing: Waltz	1 s.h.
Paddleboarding and yoga, learning and combining two skills in one course; for all skill levels.		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:1440 Scuba	1 s.h.	LLS:1652 Ballroom Dancing: Foxtrot and Tango	1 s.h.
Basics of Scuba diving. Seven weeks.		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:1441 Advanced Open Water Scuba	1 s.h.	LLS:1653 Ballroom Dancing: Rhumba, Cha Cha, Merengue	1 s.h.
Participation in five scuba diving specialty activities. Prerequisites: LLS:1440. Requirements: certification as open water scuba diver.		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:1671 Beginner Knitting: Mindfulness and Patience 1 s.h.

Basics of knitting while exploring mindfulness and patience.

LLS:1675 Yoga 1 s.h.

Emphasis on mindfulness, breath awareness, and attention to alignment.

LLS:1680 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.

LLS:1690 Gardening: Vegetables and Herbs 1 s.h.

Fundamental skills for successfully growing vegetables and herbs outdoors and in containers.

LLS:1691 Gardening: Designing Edible Forests 1 s.h.

Fundamental skills for successfully designing and establishing fruit trees, berry bushes, and perennial herbs in ways that emulate a healthy woodland ecosystem and enrich our interaction with nature.

LLS:1801 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:1850 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:4000 Independent Study arr.

Individual study in an area of interest to students; coursework determined by faculty supervisor.