**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 Challenge Course: 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 Movement Technique for Rock Climbing**

- **1 s.h.**
- Multiweek program for improving rock climbing skills; warming up and stretching, movement technique, breathing, mental fitness, endurance, 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:1300 Bicycle Touring**

- **1 s.h.**
- Basics of bicycle touring for recreation; riding techniques, basic bicycle maintenance, rules of the road; students must already know how to ride a bike; moderately strenuous. Taught on Johnson County area roads and bike 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 Bikepacking**

- **1 s.h.**
- Planning and packing for self-supported, overnight bicycle camping 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.**
- Multiday mountain bicycling expedition; very physically strenuous; overnight camping required.
**LLS:1360 Trail Running** 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.

**LLS:1400 Flat Water Canoeing** 1 s.h. 
Basics of flat water tandem canoeing; paddle strokes, canoe
anatomy, water safety. Taught at Macbride Nature Recreation
Area.

**LLS:1401 River Canoeing** 1 s.h. 
Fundamentals of tandem canoeing on moving water; basic
paddling strokes, canoe anatomy, hydrology, river safety;
overt-night camping required.

**LLS:1403 Expedition Canoeing** 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.

**LLS:1410 Sea Kayaking** 1 s.h. 
Basics of sea kayaking using solo and tandem boats. Taught
at Macbride Nature Recreation Area.

**LLS:1411 Expedition Sea Kayaking** 1 s.h. 
Multiday sea kayaking expedition; primitive camping; paddling
skills in loaded kayaks, reading river/lake maps, rescue

techniques.

**LLS:1423 Expedition Whitewater Kayaking** 1 s.h. 
Multiday whitewater kayaking expedition; class I-III rapids,
rolling and bracing, safety and rescue techniques; overnight
camping required.

**LLS:1430 Stand Up Paddleboarding** 1 s.h. 
Introduction to paddleboarding skills on flat, calm water;
paddling environment, board and paddle control, standing and
balancing, personal preparation and safety.

**LLS:1440 Scuba** 1 s.h. 
Basics of Scuba diving. Seven weeks.

**LLS:1441 Advanced Open Water Scuba** 1 s.h. 
Participation in five scuba diving specialty activities.
Prerequisites: LLS:1440. Requirements: certification as open
water scuba diver.

**LLS:1500 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:1510 Snowshoeing** 1 s.h. 
Basics of snowshoeing; physically strenuous.

**LLS:1520 Cross-Country Skiing** 1 s.h. 
Basics of cross-country skiing; physically strenuous.

**LLS:1530 Alpine Skiing** 1 s.h. 
Basics of downhill skiing; physically strenuous.

**LLS:1610 Kickboxing** 1 s.h. 
Basics of kickboxing.

**LLS:1611 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:1610.

**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 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. 
Foxtrot and Tango; 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. 
Fundamentals 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  
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Individual study in an area of interest to students; coursework determined by faculty supervisor.