**Lifetime Leisure Skills Courses (LLS)**

This is a list of all Lifetime Leisure Skills courses. For more information, see Lifetime Leisure Skills.

**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: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** 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 Conditioning for Rock Climbing** 1 s.h.
Multweek conditioning program for improving rock climbing skills; warming up and stretching, movement and technique, mental fitness, strength, power, endurance training, and goal setting; requires current belay card for UI Campus Recreation and Wellness Center climbing wall. Prerequisites: LLS:1200.

**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 UI Campus Recreation and Wellness Center; eligible to obtain lead climbing approval after successful completion of course. Prerequisites: LLS:1200.

**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: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.
Ballroom Dancing: Waltz
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.

Ballroom Dancing: Foxtrot and Tango
Beginning to intermediate-level figures in two of the most beautiful and popular dances in the world—foxtrot and tango; for all skill levels.

Ballroom Dancing: Cha Cha, Merengue
Beginner- to intermediate-level figures in three of the most popular and energy-charged Latin dances of today—Cha Cha, Merengue; for all skill levels.

Ballroom Dancing: 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.