**Lifetime Leisure Skills**

**Director**
- Steve J. Campbell

**Website:** https://recserv.uiowa.edu/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 kickboxing, Brazilian jiu-jitsu, salsa dancing, and ballroom dancing. LLS courses are appropriate for students at all skill levels.

LLS 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 LLS courses toward the total number of semester hours required for their degree. Students should consult their academic advisor.

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, Zion National Park, Big Bend National Park, Voyageurs National Park, Devil’s Lake State Park, Maquoketa Caves State Park, and the Upper Iowa River.

### Courses

**Lifetime Leisure Skills Courses**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>LLS:1100</td>
<td>Introduction to Camping</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1110</td>
<td>Exploring Iowa's Natural Wonders</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1115</td>
<td>Hiking</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1120</td>
<td>Backpacking</td>
<td>1 s.h.</td>
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<td>LLS:1121</td>
<td>Expedition Backpacking</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1130</td>
<td>Basic Orienteering</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1131</td>
<td>Expedition Orienteering</td>
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<tr>
<td>LLS:1140</td>
<td>Challenge Course: Team Building</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1150</td>
<td>Leadership in the Outdoors</td>
<td>4 s.h.</td>
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<tr>
<td>LLS:1200</td>
<td>Introduction to Rock Climbing</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1201</td>
<td>Intermediate Rock Climbing</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1202</td>
<td>Expedition Rock Climbing</td>
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<tr>
<td>LLS:1205</td>
<td>Anchor Systems for Top Rope Climbing</td>
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<td>LLS:1210</td>
<td>Introduction to Lead Climbing: Sport</td>
<td>2 s.h.</td>
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<tr>
<td>LLS:1212</td>
<td>Expedition Lead Climbing: Sport</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1231</td>
<td>Introduction to Bouldering</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1232</td>
<td>Expedition Bouldering</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1240</td>
<td>Introduction to Ice Climbing</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1300</td>
<td>Bicycle Touring</td>
<td>1 s.h.</td>
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<tr>
<td>LLS:1301</td>
<td>Urban Cycling</td>
<td>1 s.h.</td>
</tr>
<tr>
<td>LLS:1310</td>
<td>Bikepacking</td>
<td>1 s.h.</td>
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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.

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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.

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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.

Basic skills, safety, and techniques for bouldering.

Basic skills, safety, and techniques for bouldering.

Basic skills of belaying, proper usage of personal protective equipment, and common climbing terminology.

Overnight camping required.

Learning to ride a bike; moderately strenuous. Taught on Johnson County Center climbing wall; overnight camping required.

Teaching knots for rope, webbing, and cordelettes; basic understanding of the structural integrity and frictional forces important to anchor setting.

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.

Overnight camping required.

Multiday bouldering expedition; physically strenuous; overnight camping required.

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.

Learning to ride a bike; moderately strenuous. Taught on Johnson County Center climbing wall; 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.

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.

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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; overnight 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.

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.
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.