Lifetime Leisure Skills

Director

• Steve J. Campbell

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

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: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; topographical 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.
Multaweek 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:1211 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.

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:1350 **Marathon Training** 1 s.h.
Multiseason training program; for students who currently run on a regular basis and wish to take their running to a more advanced level; physically strenuous.

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:1361 **Expedition Trail Running** 1 s.h.
Multiday trail running expedition; very physically strenuous; overnight camping 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:1420 **River Kayaking** 1 s.h.
Fundamentals of kayaking on moving water; basic paddling strokes, kayak anatomy, hydrology, river safety; overnight camping required.

LLS:1422 **Whitewater Kayak Playboating** 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.

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:1431 **Stand-Up Paddleboard Yoga** 1 s.h.
Paddleboarding and yoga, learning and combining two skills in one course; for all skill levels.

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:1512 **Expedition Snowshoeing** 1 s.h.
Multiday snowshoeing and winter camping expedition; very physically strenuous; overnight camping required.

LLS:1520 **Cross-Country Skiing** 1 s.h.
Basics of cross-country skiing in northern Wisconsin.

LLS:1522 **Expedition Cross-Country Skiing** 1 s.h.
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.
Multiday alpine skiing expedition; very 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:1620 **Tae Kwon Do** 1 s.h.
Basics of Tae Kwon Do.

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 **Balroom 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: Cha Cha, Merengue** 1 s.h.
Beginner- to intermediate-level figures in three of the most popular and energy-charged Latin dances of today—Cha Cha, Cha Cha, and Merengue; for all skill levels.
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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>LLS:1654</td>
<td>Ballroom Dancing: Nightclub Series</td>
<td>1 s.h.</td>
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<td>Salsa, the Hustle, Nightclub Two-Step, Argentine tango; for all skill levels.</td>
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<tr>
<td>LLS:1655</td>
<td>Ballroom Dancing: Rhythm and Smooth</td>
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<td>Mambo, samba, waltz, Viennese waltz; for all skill levels.</td>
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<tr>
<td>LLS:1660</td>
<td>Salsa Dancing</td>
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<td>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.</td>
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<tr>
<td>LLS:1671</td>
<td>Beginner Knitting: Mindfulness and Patience</td>
<td>1 s.h.</td>
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<td>Basics of knitting while exploring mindfulness and patience.</td>
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<tr>
<td>LLS:1675</td>
<td>Yoga</td>
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<td>Emphasis on mindfulness, breath awareness, and attention to alignment.</td>
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<td>LLS:1680</td>
<td>Golf</td>
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<td>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.</td>
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<td>LLS:1690</td>
<td>Gardening: Vegetables and Herbs</td>
<td>1 s.h.</td>
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<td>Fundamental skills for successfully growing vegetables and herbs outdoors and in containers.</td>
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<tr>
<td>LLS:1691</td>
<td>Gardening: Designing Edible Forests</td>
<td>1 s.h.</td>
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<td>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.</td>
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<td>LLS:1801</td>
<td>Wilderness First Responder</td>
<td>2 s.h.</td>
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<td>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.</td>
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<tr>
<td>LLS:1850</td>
<td>Service Learning</td>
<td>1 s.h.</td>
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<td>Service learning project in an urban or wilderness setting; learn about local community, environment; projects depend on location, season.</td>
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<tr>
<td>LLS:4000</td>
<td>Independent Study</td>
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<td>Individual study in an area of interest to students; coursework determined by faculty supervisor.</td>
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