

# Lifetime Leisure Skills

## Director

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**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; 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** 3 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:1202 Expedition Rock Climbing** 1 s.h.  
Multiday climbing expedition; physically strenuous; overnight camping required.
- 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:1231 Introduction to Bouldering** 1 s.h.  
Basic skills, safety, and techniques for bouldering.
- 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: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: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.  
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: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:1675 Mindfulness and 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.