

# FITNESS, WELLNESS AND SPORT (FITWELL)

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## FITWELL 110 Physical Conditioning

1 cr. Undergraduate.

Theory & practice of physical conditioning.

**Prerequisites:** none.

**Last Taught:** Spring 2024, Fall 2023, Summer 2023, Spring 2023.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 112 Yoga I

1 cr. Undergraduate.

Theory and practice of yoga.

**Prerequisites:** none. It is highly recommended that students bring a mat and a blanket or towel for their comfort. These items are not provided by the department.

**Last Taught:** Spring 2024, Fall 2023, Summer 2023, Spring 2023.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 113 Yoga II

1 cr. Undergraduate.

Theory and practice of yoga II.

**Prerequisites:** SPT&REC 112(P). It is highly recommended that students bring a mat and a blanket or towel for their comfort. These items are not provided by the department.

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 114 Weight Training I

1 cr. Undergraduate.

Theory and practice of weight training.

**Prerequisites:** none.

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 115 Weight Training II

1 cr. Undergraduate.

Theory and practice of weight training II.

**Prerequisites:** SPT&REC 114(P).

**Last Taught:** Spring 2023, Spring 2021, Spring 2020, Fall 2018.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 120 Swim I

1 cr. Undergraduate.

Theory and practice of swim I.

**Prerequisites:** none.

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 121 Swim II

1 cr. Undergraduate.

Theory and practice of swim II.

**Prerequisites:** Spt&Rec 120(P) or swim one length of pool (25 yards) any stroke.

**Last Taught:** Spring 2024, Fall 2023, Spring 2022, Spring 2020.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 126 Beginning Scuba

1 cr. Undergraduate.

Introduction to scuba diving through academic and confined water training. Learn basic skills such as mask and regulator clearing, emergency air management, and dive planning. This course follows the PADI Open Water Diver curriculum.

**Prerequisites:** none.

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 130 Ballroom Dance I

1 cr. Undergraduate.

Theory and practice of ballroom dancing.

**Prerequisites:** none.

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 161 Bowling I

1 cr. Undergraduate.

Theory and practice of bowling

**Prerequisites:** none.

**Last Taught:** Spring 2024, Fall 2023, Summer 2023, Spring 2023.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 162 Bowling II

1 cr. Undergraduate.

Theory and practice of bowling.

**Prerequisites:** Spt&Rec 161(P).

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 166 Golf

1 cr. Undergraduate.

Theory and practice of golf.

**Prerequisites:** none.

**Last Taught:** Spring 2024, Fall 2023, Fall 2022, Spring 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 172 Tae Kwon-Do

1 cr. Undergraduate.

Theory and practice of tae kwon-do.

**Prerequisites:** none.

**Last Taught:** Spring 2020, Fall 2019, Fall 2018, Spring 2018.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 173 Tae Kwon-Do II

1 cr. Undergraduate.

Theory and practice of tae kwon-do.

**Prerequisites:** SPT&REC 172(P) or equivalent.

**Last Taught:** Spring 2020, Fall 2019, Fall 2018, Spring 2018.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## FITWELL 174 Self-Defense

1 cr. Undergraduate.

Theory and practice of self-defense.

**Prerequisites:** none.

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 176 Basketball**

1 cr. Undergraduate.

Theory and practice of basketball.

**Prerequisites:** none.

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 179 Handball**

1 cr. Undergraduate.

Theory and practice of handball.

**Prerequisites:** none.

**Last Taught:** Fall 2023, Spring 2023, Fall 2022, Fall 2021.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 180 Racquetball I**

1 cr. Undergraduate.

Theory and practice of racquetball.

**Prerequisites:** none.

**Last Taught:** Fall 2023, Spring 2023, Spring 2017, Fall 2016.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 181 Racquetball II**

1 cr. Undergraduate.

Theory and practice of racquetball.

**Prerequisites:** SPT&REC 180(P).

**Last Taught:** Spring 2017, Spring 2016, Fall 2015, Spring 2015.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 182 Tennis I**

1 cr. Undergraduate.

Theory and practice of tennis.

**Prerequisites:** none.

**Last Taught:** Spring 2022, Fall 2021, Summer 2021, Spring 2021.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 183 Tennis II**

1 cr. Undergraduate.

Theory and practice of tennis.

**Prerequisites:** EPT&REC 182(P).

**Last Taught:** Spring 2013, Spring 2012, Spring 2011, Spring 2010.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 185 Karate I**

1 cr. Undergraduate.

Theory and practice of karate.

**Prerequisites:** none.

**Last Taught:** Fall 2021, Spring 2020, Spring 2019, Spring 2018.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 186 Karate II**

1 cr. Undergraduate.

Theory and practice of karate.

**Prerequisites:** SPT&REC 170(P) or SPT&REC 185(P).

**Last Taught:** Spring 2020, Spring 2018, Fall 2017, Spring 2017.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 187 Karate III**

1 cr. Undergraduate.

Theory and practice of karate.

**Prerequisites:** SPT&REC 171(P) or SPT&REC 186(P) or equivalent.

**Last Taught:** Spring 2020, Spring 2018, Fall 2017, Spring 2017.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 191 Volleyball**

1 cr. Undergraduate.

Theory and practice of volleyball.

**Prerequisites:** none.

**Last Taught:** Fall 2023, Spring 2023, Spring 2022, Fall 2021.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 192 Volleyball II**

1 cr. Undergraduate.

Theory and practice of volleyball.

**Prerequisites:** Spt&Rec 178(P) or 191(P) or equiv.

**Last Taught:** Fall 2023, Fall 2021, Spring 2020, Fall 2019.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 201 Field Experience in Kinesiology**

1 cr. Undergraduate.

Lecture/discussion/site visitation exploring the broad field of Kinesiology and typical service delivery systems, e.g., campus, community, commercial, industrial and clinical.

**Prerequisites:** KIN 202(C).

**Course Rules:** Counts as repeat of KIN 210.

**Last Taught:** Spring 2011, Fall 2010, Spring 2010, Fall 2009.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 289 General Recreation Activities:**

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in general recreation and leisure activities. Credits for specific topics announced in Schedule of Classes.

**Prerequisites:** none, except as required for specific topic.

**Course Rules:** Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 290 Ad Hoc Course in Sport and Recreation:**

1-3 cr. Undergraduate.

Topics of current interest in health, leisure, and recreation. May be retaken w/chg in topic. Special course fees may be required depending on course. Prereq: specified in semester Schedule whenever required for a topic

**Last Taught:** Spring 2023, Spring 2016, Fall 2015, Spring 2015.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 291 Recreational Arts and Crafts:**

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in the area of Arts and Crafts. Credits for specific topics announced in Schedule of Classes.

**Prerequisites:** none, except as required for specific topic.

**Course Rules:** Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 292 Social and Creative Dance:**

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in the area of Social and Creative Dance. Credits for specific topics announced in Schedule of Classes.

**Prerequisites:** none, except as required for specific topic.

**Course Rules:** Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.

**Last Taught:** Fall 2023, Fall 2022, Spring 2022, Fall 2021.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 293 Martial Arts:**

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in martial arts. Credits for specific topics announced in Schedule of Classes.

**Prerequisites:** none, except as required for specific topic.

**Course Rules:** Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 294 Wilderness Adventure and Outdoor Activities:**

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in the areas of Wilderness Adventure and Outdoors Activities. Credits for specific topics announced in Schedule of Classes.

**Prerequisites:** none, except as required for specific topic.

**Course Rules:** Counts as repeat of Spt&Rec 290 with same topic. May be retaken w/chg in topic.

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 295 Organized Sport:**

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in the area of sport. Credits for specific topics announced in Schedule of Classes.

**Prerequisites:** none, except as required for specific topic.

**Course Rules:** Counts as repeat of FITWELL 290 with same topic. May be retaken with change in topic.

**Last Taught:** Spring 2024, Fall 2023, Summer 2023, Spring 2023.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 296 Exercise and Fitness Activities:**

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in the area of Exercise and Fitness. Credits for specific topics announced in Schedule of Classes.

**Prerequisites:** none, except as required for specific topic.

**Course Rules:** Counts as repeat of FITWELL 290 with same topic. May be retaken w/chg in topic.

**Last Taught:** Spring 2024, Fall 2023, Spring 2023, Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**FITWELL 298 Meditation, Relaxation, and Wellness:**

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in the areas of meditation, relaxation, and wellness. Credits for specific topics announced in Schedule of Classes.

**Prerequisites:** none, except as required for specific topic.

**Course Rules:** Counts as repeat of FITWELL 290 with same topic. May be retaken with change in topic.

**Last Taught:** Spring 2024, UWinteriM 2024, Fall 2023, Summer 2023.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>