SPORT AND RECREATION (SPT&REC)

SPT&REC 100 Sports Officiating - Basketball
1 cr. Undergraduate.
Officiating, conducting and administering the sport of basketball.
Prerequisites: none.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 104 Sports Officiating - Volleyball
1 cr. Undergraduate.
Officiating, conducting, and administering the sport of volleyball.
Prerequisites: none.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 110 Physical Conditioning
1 cr. Undergraduate.
Theory & practice of physical conditioning.
Prerequisites: none.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 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 2021, Fall 2020, Spring 2020, Fall 2019.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 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 2021, Fall 2020, Spring 2020, Fall 2019.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 114 Weight Training I
1 cr. Undergraduate.
Theory and practice of weight training.
Prerequisites: none.
Last Taught: Spring 2021, Fall 2020, Spring 2020, Fall 2019.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 115 Weight Training II
1 cr. Undergraduate.
Theory and practice of weight training II.
Prerequisites: Spt&Rec 114(P).
Last Taught: Spring 2021, Spring 2020, Fall 2018, Fall 2016.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 116 Aerobic Dance
1 cr. Undergraduate.
Theory and practice of aerobic dance.
Prerequisites: none.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 117 Step Aerobics
1 cr. Undergraduate.
Theory and practice of Step Aerobics
Prerequisites: none.
Last Taught: Fall 2015, Spring 2014, Fall 2013, Spring 2013.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 120 Swim I
1 cr. Undergraduate.
Theory and practice of swim I.
Prerequisites: none.
Last Taught: Spring 2020, Fall 2019, Spring 2019, Fall 2018.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 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.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 123 Water Aerobics
1 cr. Undergraduate.
Theory and practice of aerobic water exercise.
Prerequisites: none.
Last Taught: Spring 2021, Fall 2020, Spring 2020, Fall 2019.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 126 Skin & Scuba
1 cr. Undergraduate.
Theory and practice of skin and scuba.
Prerequisites: none.
Last Taught: Spring 2021, Fall 2020, Spring 2020, Fall 2019.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 130 Ballroom Dance I
1 cr. Undergraduate.
Theory and practice of ballroom dancing.
Prerequisites: none.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 131 Ballroom Dance II
1 cr. Undergraduate.
Theory and practice of ballroom dancing.
Prerequisites: Spt&Rec 130(P).
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 156 Orienteering
1 cr. Undergraduate.
Theory and practice of orienteering.
Prerequisites: none.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 161 Bowling I
1 cr. Undergraduate.
Theory and practice of bowling
Prerequisites: none.
Current Offerings: https://catalog.uwm.edu/course-search/
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Offered</th>
<th>Prerequisites</th>
<th>Last Taught</th>
<th>Current Offerings</th>
</tr>
</thead>
<tbody>
<tr>
<td>SPT&amp;REC 162</td>
<td>Bowling II</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of bowling.</td>
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<td>Winter 2021, Fall 2020, Spring 2020, Fall 2019.</td>
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<tr>
<td>SPT&amp;REC 166</td>
<td>Golf</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of golf.</td>
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<tr>
<td>SPT&amp;REC 172</td>
<td>Tae Kwon-Do</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of tae kwon-do.</td>
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<td>Winter 2020, Fall 2019, Fall 2018, Spring 2018.</td>
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<tr>
<td>SPT&amp;REC 173</td>
<td>Tae Kwon-Do II</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of tae kwon-do.</td>
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<tr>
<td>SPT&amp;REC 176</td>
<td>Basketball</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of basketball.</td>
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<tr>
<td>SPT&amp;REC 179</td>
<td>Handball</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of handball.</td>
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<td>Winter 2020, Fall 2019, Spring 2019, Fall 2018.</td>
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<tr>
<td>SPT&amp;REC 180</td>
<td>Racquetball I</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of racquetball.</td>
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<td>Winter 2017, Fall 2016, Spring 2016, Fall 2015.</td>
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<tr>
<td>SPT&amp;REC 181</td>
<td>Racquetball II</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of racquetball.</td>
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<td>Winter 2017, Spring 2016, Fall 2015, Spring 2015.</td>
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<tr>
<td>SPT&amp;REC 182</td>
<td>Tennis I</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of tennis.</td>
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<td>Winter 2021, Fall 2020, Fall 2019, Summer 2019.</td>
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<tr>
<td>SPT&amp;REC 183</td>
<td>Tennis II</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of tennis.</td>
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<tr>
<td>SPT&amp;REC 185</td>
<td>Karate I</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of karate.</td>
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<tr>
<td>SPT&amp;REC 186</td>
<td>Karate II</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of karate.</td>
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<td>Winter 2020, Spring 2018, Fall 2017, Spring 2017.</td>
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<tr>
<td>SPT&amp;REC 187</td>
<td>Karate III</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of karate.</td>
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<td>Winter 2020, Spring 2018, Fall 2017, Spring 2017.</td>
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<tr>
<td>SPT&amp;REC 191</td>
<td>Volleyball</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of volleyball.</td>
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<td>Winter 2020, Fall 2019, Spring 2019, Fall 2018.</td>
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<tr>
<td>SPT&amp;REC 192</td>
<td>Volleyball II</td>
<td>1</td>
<td>Undergraduate</td>
<td>Theory and practice of volleyball.</td>
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<td>Winter 2020, Fall 2019, Spring 2019, Fall 2018.</td>
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<tr>
<td>SPT&amp;REC 289</td>
<td>General Recreation Activities:</td>
<td>1-2</td>
<td>Undergraduate</td>
<td>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.</td>
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</table>

Course Rules: Counts as repeat of SptRec 290 with same topic. May be retaken w/chg in topic.
SPT&REC 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
Prerequisites: May be retaken w/chg in topic.
Last Taught: Spring 2016, Fall 2015, Spring 2015, Fall 2014.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 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 2021, Fall 2020, Spring 2020, Fall 2019.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 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: Spring 2021, Fall 2020, Spring 2020, Fall 2019.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 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 2021, Fall 2020, Spring 2020, Fall 2019.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 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.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 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 Spt&Rec 290 with same topic. May be
retaken w/chg in topic.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 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 Spt&Rec 290 with same topic. May be
retaken w/chg in topic.
Last Taught: Spring 2021, Fall 2020, Spring 2020, Fall 2019.
Current Offerings: https://catalog.uwm.edu/course-search/

SPT&REC 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 Spt&Rec 290 with same topic. May be
retaken w/chg in topic.
Last Taught: Spring 2021, UWinteriM 2021, Fall 2020, Summer 2020.
Current Offerings: https://catalog.uwm.edu/course-search/