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.
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.
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.
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: Fall 2018, Fall 2016, Spring 2016, Fall 2015.
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.
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.
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.
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/
SPT&REC 162 Bowling II  
1 cr. Undergraduate.  
Theory and practice of bowling.  
Prerequisites: Spt&Rec 161(P).  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 166 Golf  
1 cr. Undergraduate.  
Theory and practice of golf.  
Prerequisites: none.  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 172 Tae Kwon-Do  
1 cr. Undergraduate.  
Theory and practice of tae kwon-do.  
Prerequisites: none.  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 173 Tae Kwon-Do II  
1 cr. Undergraduate.  
Theory and practice of tae kwon-do.  
Prerequisites: Spt&Rec 172(P) or equiv.  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 174 Self-Defense  
1 cr. Undergraduate.  
Theory and practice of self-defense.  
Prerequisites: none.  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 176 Basketball  
1 cr. Undergraduate.  
Theory and practice of basketball.  
Prerequisites: none.  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 179 Handball  
1 cr. Undergraduate.  
Theory and practice of handball.  
Prerequisites: none.  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 180 Racquetball I  
1 cr. Undergraduate.  
Theory and practice of racquetball.  
Prerequisites: none.  
Last Taught: Spring 2017, Fall 2016, Spring 2016, Fall 2015.  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 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/  

SPT&REC 182 Tennis I  
1 cr. Undergraduate.  
Theory and practice of tennis.  
Prerequisites: none.  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 183 Tennis II  
1 cr. Undergraduate.  
Theory and practice of tennis.  
Prerequisites: Spt&Rec 182.  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 185 Karate I  
1 cr. Undergraduate.  
Theory and practice of karate.  
Prerequisites: none.  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 186 Karate II  
1 cr. Undergraduate.  
Theory and practice of karate.  
Prerequisites: Spt&Rec 170(P) or 185(P).  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 187 Karate III  
1 cr. Undergraduate.  
Theory and practice of karate.  
Prerequisites: Spt&Rec 171(P) or 186(P) or equiv.  
Last Taught: Spring 2018, Fall 2017, Spring 2015.  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 191 Volleyball  
1 cr. Undergraduate.  
Theory and practice of volleyball.  
Prerequisites: none.  
Current Offerings: https://catalog.uwm.edu/course-search/  

SPT&REC 192 Volleyball II  
1 cr. Undergraduate.  
Theory and practice of volleyball.  
Prerequisites: Spt&Rec 178(P) or 191(P) or equiv.  
Current Offerings: https://catalog.uwm.edu/course-search/  

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

SPT&REC 298 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 299 with same topic. May be retaken w/chg in topic.  
Current Offerings: https://catalog.uwm.edu/course-search/
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.
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.
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.
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.
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.
Current Offerings: https://catalog.uwm.edu/course-search/