

SPORT AND RECREATION (SPT&REC)

SPT&REC 100 Sports Officiating - Basketball

1 cr. Undergraduate.

Officiating, conducting and administering the sport of basketball.

Prerequisites: none.

Last Taught: Spring 2016, Spring 2015, Spring 2014, Fall 2012.

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.

Last Taught: Spring 2023, Fall 2022, Summer 2022, Spring 2022.

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 2023, Fall 2022, Summer 2022, Spring 2022.

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 2023, Fall 2022, Spring 2022, Fall 2021.

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 2023, Fall 2022, Spring 2022, Fall 2021.

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 2023, Spring 2021, Spring 2020, Fall 2018.

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

SPT&REC 116 Aerobic Dance

1 cr. Undergraduate.

Theory and practice of aerobic dance.

Prerequisites: none.

Last Taught: Spring 2016, Spring 2015, Fall 2014, Spring 2014.

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 2023, Fall 2022, Spring 2022, Fall 2021.

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.

Last Taught: Spring 2022, Spring 2020, Fall 2018, Spring 2018.

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 2015, Fall 2014, Spring 2014, Fall 2013.

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

SPT&REC 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 2023, Fall 2022, Spring 2022, Fall 2021.

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.

Last Taught: Spring 2023, Fall 2022, Spring 2020, Spring 2019.

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).

Last Taught: Spring 2014, Spring 2013, Fall 2011, Fall 2001.

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

SPT&REC 156 Orienteering

1 cr. Undergraduate.

Theory and practice of orienteering.

Prerequisites: none.

Last Taught: Spring 2019, Spring 2016, Spring 2015, Spring 2014.

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

SPT&REC 161 Bowling I

1 cr. Undergraduate.

Theory and practice of bowling

Prerequisites: none.

Last Taught: Spring 2023, Fall 2022, Summer 2022, Spring 2022.

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).

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

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

SPT&REC 166 Golf

1 cr. Undergraduate.

Theory and practice of golf.

Prerequisites: none.

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

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.

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

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.

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

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

SPT&REC 174 Self-Defense

1 cr. Undergraduate.

Theory and practice of self-defense.

Prerequisites: none.

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

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

SPT&REC 176 Basketball

1 cr. Undergraduate.

Theory and practice of basketball.

Prerequisites: none.

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

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

SPT&REC 179 Handball

1 cr. Undergraduate.

Theory and practice of handball.

Prerequisites: none.

Last Taught: Spring 2023, Fall 2022, Fall 2021, Spring 2020.

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 2023, Spring 2017, Fall 2016, Spring 2016.

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.

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

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.

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

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

SPT&REC 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/>

SPT&REC 186 Karate II

1 cr. Undergraduate.

Theory and practice of karate.

Prerequisites: Spt&Rec 170(P) or 185(P).

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

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 2020, Spring 2018, Fall 2017, Spring 2017.

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

SPT&REC 191 Volleyball

1 cr. Undergraduate.

Theory and practice of volleyball.

Prerequisites: none.

Last Taught: Spring 2023, Spring 2022, Fall 2021, Spring 2020.

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.

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

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

SPT&REC 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/>

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.

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

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

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

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 2023, Fall 2022, Spring 2022, Fall 2021.

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: Fall 2022, Spring 2022, Fall 2021, Spring 2021.

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 2023, Fall 2022, Spring 2022, Fall 2021.

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.

Last Taught: Spring 2023, Fall 2022, Spring 2022, UWinterIM 2022.

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.

Last Taught: Spring 2023, Fall 2022, Summer 2022, Spring 2022.

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 2023, Fall 2022, Summer 2022, Spring 2022.

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 2023, UWinterIM 2023, Fall 2022, Summer 2022.

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