

Leisure & Recreation Education (LRED)

LRED 0015 Strength Training 101

This introductory course is designed for individuals who are new to the world of strength training and eager to build a solid foundation for a healthier, stronger lifestyle. Our engaging sessions will cover the basics, prioritize consistency, and focus on proper technique, gradually progressing to help you build a strong foundation. Whether you are brand new to strength training or looking to refine your training techniques, this course will empower you with the knowledge and skills needed to embark on a 10-week fitness journey. No matter where you are on your fitness journey, this course is tailored to meet you at your current level and guide you toward your unique fitness goals.

Level: Graduate, Undergraduate

Grading: Main Campus (UGrad, Grad)

LRED 0101 Swimming: Beginning

This course is designed for the student who wishes to overcome their fear of the water and learn basic swim skills. Students will learn and practice key elements of the crawl stroke and back float and stroke. Student should have their own swim suit and goggles.

Level: Graduate, Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Undergraduate level students.

LRED 0102 Swimming : Intermediate

Focus of the class: To build upon basic-level swimming skills. To introduce more advanced technique in the freestyle, backstroke, and breaststroke strokes. To build swimming endurance. In summary: The student will build on basic-level swimming skills. This course will provide practice for confidence, refinement of technique, and improvement of other aquatic skills. The instructor will introduce more advanced swimming techniques and focus on physical conditioning and aquatic safety.

Level: Graduate, Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Graduate or Undergraduate level students.

LRED 0103 Tennis I

This class is for students who are new to tennis or have taken some lessons. Each class gives instruction focusing on developing excellent technique. There are a lot of drills performed to help develop good form.

Level: Graduate, Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Undergraduate level students.

LRED 0104 Tennis II

This class is for students with basic skills or who have taken lessons. The class reinforces the proper techniques for ground strokes, serve and volley. This class includes many drills to work on shot making and court positioning. It also addresses both singles and doubles strategy.

Level: Graduate, Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Undergraduate level students.

LRED 0105 Racquetball I

Learn techniques, practice drills and approaches to the game of racquetball. Class emphasizes technique and basic racquetball skills. No prior experience is necessary. Racquets and goggles will be provided.

Level: Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Undergraduate level students.

LRED 0106 Squash I

Instruction from basic skill levels through intermediate. Students will be introduced to the rules of the game and be challenged to improve both squash and fitness levels. Racquets and goggles will be provided.

Level: Graduate, Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Undergraduate level students.

LRED 0107 Ballet I

This course has been created as an introduction to the basic principles of ballet. Concentration is on learning basic barre and center work.

Students participate in ballet technique classes twice a week. No background in dance is required.

Level: Graduate, Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Undergraduate level students.

LRED 0108 Jazz Dance

This course has been created as an introduction to the basic principles and history of jazz dance. Students participate in dance technique classes twice a week. Every class includes a warm-up period as well as short routines. No background in dance is required.

Level: Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Undergraduate level students.

LRED 0109 Modern Dance

This course has been created as an introduction to the basic principles and history of modern dance. Students participate in dance technique classes twice a week. Every class includes a warm-up period and short routines. No background in dance is required.

Level: Graduate, Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Undergraduate level students.

LRED 0110 Yoga

In this 10 week class you will learn and master a basic Hatha Yoga routine as well as the five principles of Yoga for physical, mental, and emotional well-being.

Level: Graduate, Undergraduate

Grading: No Grade

LRED 0111 Meditation

This course will allow you to develop a greater sense of awareness and introspection by developing your mindfulness skills through the exploration of various meditation and breath-work techniques. While designed for beginners, this course is open to practitioners of all levels who would like to deepen their meditation practice. This course will meet in Studio A at Yates Field House.

Level: Graduate, Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Undergraduate level students.

LRED 0112 Strength Training II

This course is designed to meet the competencies needed for students to understand and perform the exercise movements unique to the Strength and Conditioning profession. The course will include the general principles of strength training, plyometric training, loading principles, speed and agility and injury prevention.

Level: Graduate, Undergraduate

Grading: No Grade

LRED 0113 Intro to Ballroom Dance

This course has been created as an introduction to the basic principles and history of American Ballroom Dance. Students will learn Swing, Foxtrot, Waltz and Cha Cha. Students will learn several variations for each dance as well as lead/follow technique. No background in dance is required.

Level: Graduate, Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Undergraduate level students.

LRED 0116 Swimming for Fitness

This class is designed to help intermediate to advanced students improve all aspects of their stroke, as well as improve cardiovascular endurance. Class design provides for constant swimming in the format of a workout (e.g. warm-up, cardio, and cool down). The strokes that are covered are: front crawl, back crawl, breaststroke, elementary backstroke and butterfly. Attention will also be given to dives and turns. Students should be capable of swimming multiple lengths of each stroke without stopping. Swim suit and goggles are required equipment.

Level: Undergraduate

Grading: No Grade

LRED 0119 Mindfulness and Meditation

This is an introductory-level course on the practice of Mindfulness and Meditation. This course will focus on improving mind and body balance through the mindfulness of breathing techniques (Pranayama), physical movements and postures (Yoga Asanas), and energetic qualities in the present moment to apply to meditation practice.

Students will be guided on a mindfulness and meditation journey designed for the unique demands of the university lifestyle through safe, efficient movements and self-care options. Each class will entail breathing, movement, energetic work, and meditation designed to encourage balance in the mind and body and will introduce or review these elements as needed for the application.

Level: Graduate, Undergraduate

Grading: Main Campus (UGrad, Grad)

Equivalent to LRED 011

LRED 0120 Introduction to Pickleball

In this course, students will learn: Basic knowledge of game play, scoring & rules. Basic stroke technique, body position, mechanics & movement Intro to Dinks & Drops. Serve & Return Basics

Level: Graduate, Undergraduate

Grading: Main Campus (UGrad, Grad)

Equivalent to LRED 0114