

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 2021, Fall 2020, Summer 2020, Spring 2020.

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.

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 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.

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

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 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.

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

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 2021, Fall 2020, Summer 2020, Spring 2020.

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 2021, Fall 2020, Spring 2020, Fall 2019.
Current Offerings: <https://catalog.uwm.edu/course-search/>

SPT&REC 166 Golf

1 cr. Undergraduate.
Theory and practice of golf.
Prerequisites: none.
Last Taught: Spring 2021, Fall 2020, Spring 2019, Fall 2018.
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 2021, Fall 2020, Spring 2020, Fall 2019.
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 2020, Fall 2019, Spring 2019, Fall 2018.
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 2020, Fall 2019, Spring 2019, Fall 2018.
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.
Last Taught: Spring 2021, Fall 2020, Fall 2019, Summer 2019.
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: Spring 2020, Spring 2019, Spring 2018, Fall 2017.
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 2020, Fall 2019, Spring 2019, Fall 2018.
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: Spring 2020, Fall 2019, Spring 2019, Fall 2018.
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 2021, Fall 2020, Spring 2020, Fall 2019.
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.

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.

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

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 2021, Fall 2020, Summer 2020, Spring 2020.

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/>