

REC-INDIVIDUAL & DUAL ACTIVITY (INDV)

INDV 100H Happiness: Plan for Resilient Living

Description: Develop and expand personal knowledge and skills necessary to create patterns of behavior and thought processes that can be used to gain greater daily happiness.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

Offered: FALL/SPR

INDV 102 Introduction to Massage

Description: Introduction to self-massage as a natural healing practice.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

INDV 105B Bowling I

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

INDV 105D Golf I

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

INDV 105K Individual Activity

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

INDV 110 Camp Programming and Leadership

Description: Leadership and counseling preparation for working with young children/peers in a camp setting.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

INDV 112 Intermediate Massage

Description: Hands-on application of basic massage strokes.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

INDV 115B Bowling II

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

INDV 115E Recreational Games II

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

INDV 115K Individual Activity II

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

INDV 125E Recreational Games III

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

INDV 135E Recreational Games IV

Credit Hours: 1.00

Max credits per semester: 1

Max credits per degree: 1

Format: LEC

INDV 140 Introduction to Basic Principles of Meal Preparation

Description: Introduction to basic cooking skills in a lab environment.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Format: LEC