



REC-INDIVIDUAL & DUAL ACTIVITY (INDV)

INDV 102 Introduction to Massage

Description: Teaches the basic knowledge and skills for a safe and effective massage on most body regions. Covers reflexology points on feet, self-treatments, and how to make natural products for at-home use. Learn introductory physical/technical skills necessary for the natural healing methods of massage for beginners with no massage experience.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Prerequisite for: INDV 112

Course and Laboratory Fee: \$75

INDV 105B Bowling I

Description: Teaches a broad understanding and appreciation for the sport, as well as, to provide the necessary skills to bowl. Will teach the introductory terminology, rules, strategies, and scoring procedures for beginners

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 2

Grading Option: Pass No Pass

Prerequisite for: INDV 115B

Course and Laboratory Fee: \$55

INDV 105D Golf I

Description: Learn the rules, etiquette, and course management of the sport of golf. This covers all aspects of the game including the fundamentals of the golf swing, putting and chipping. This requires active participation to apply the principles learned through practice at a Lincoln golf course.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 2

Grading Option: Pass No Pass

Course and Laboratory Fee: \$75

INDV 105K Individual Activity

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

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

Grading Option: Pass No Pass

INDV 112 Intermediate Massage

Prerequisites: INDV 102

Description: Learn advanced ways to incorporate natural healing methods into everyday lives. Teach the basic strokes of a Swedish massage while maintaining safety for each participant, learn how to integrate massage into other professions, choose the right massage therapist and how to get the most out of your massage. This builds the next level of physical/technical skills necessary for the natural healing methods of massage requiring previous massage experience.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Course and Laboratory Fee: \$95

INDV 115B Bowling II

Prerequisites: INDV 105B

Description: Learn a broad understanding and appreciation for the sport, as well as, to improve overall bowling skills. This builds technique to bowl at a competitive level for individuals with prior bowling experience. This requires active participation

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 2

Grading Option: Pass No Pass

Course and Laboratory Fee: \$55

INDV 115E Recreational Games II

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

INDV 115K Individual Activity II

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

INDV 125E Recreational Games III

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

INDV 135E Recreational Games IV

Credit Hours: 0-1

Min credits per semester:

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

INDV 140 Introduction to Basic Principles of Meal Preparation

Description: Cover the basic principles of food preparation through hands-on experience. This teaches basic understanding and appreciation for food preparation with a focus on physical, environmental, and financial wellness. This requires active participation to practice a variety of cooking methods, balanced meal planning, food safety, and knife skills. This is designed for beginners with no previous meal preparation experience.

Credit Hours: 1

Max credits per semester: 1

Max credits per degree: 1

Grading Option: Pass No Pass

Course and Laboratory Fee: \$65