**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 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