**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