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 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

INDV 115E Recreational Games II
Credit Hours: 1.00
Max credits per semester: 1
Max credits per degree: 1
Format: LEC