**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