

Recreation Courses 2018/2019

RECR 210. Group Fitness Instructor	2 hours
RECR 254. Lifeguarding (P-1b)	1 hour
RECR 265. Topics in Recreation	1 – 3 hours
RECR 268. Officiating Sports Analysis	2 hours
RECR 269. Officiating Sports Analysis	2 hours
RECR 325. Personal Trainer	2 hours
RECR 491. Recreation Practicum	1 – 3 hours

RECR 210. Group Fitness Instructor **2 hours**

A course that will prepare a student to take the certification exam for Aerobic Instructors. A certified Instructor will teach this course that will deal with the theory and practice of a variety of aerobic styles. Safety and correct methods will be emphasized. **Lab Fee:** 10 (\$210).

This course is cross-listed with PETH 210. A Student may receive credit for this course from only one program.

WINTER

RECR 254. Lifeguarding (P-1b) **1 hour**

Students will earn the American Red Cross Lifeguarding certification, First Aid and CPR/AED certification. The purpose of this course is to provide entry-level lifeguarding candidates with the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. **Lab Fee:** 4 (\$30).

This course is cross-listed with RECR 254. A student may receive credit for this course from only one program.

Prerequisite(s): [PEAC 125](#). 500 yards continuous swim

FALL | WINTER

RECR 265. Topics in Recreation **1 – 3 hours**

Topics selected from areas of recreation not covered in other courses. This course may be repeated for credit.

FALL | WINTER

RECR 268. Officiating Sports Analysis **2 hours**

An introduction to administration of and participation in the organization of officiating in team and individual recreational activities.

FALL

RECR 269. Officiating Sports Analysis

2 hours

An introduction to administration of and participation in the organization of officiating in team and individual recreational activities.

WINTER

RECR 325. Personal Trainer

2 hours

This course is designed to prepare a student to pass a national exam to become a Certified Personal Trainer. This course requires twenty (20) hours of observation/practical experience outside of class. **Lab Fee:** 11 (\$240).

This course is cross-listed with [RECR 325](#). A student may receive credit for this course from only one program.

FALL | WINTER

RECR 491. Recreation Practicum

1 – 3 hours

The student will spend a minimum of 100 credit hours in observing and working with a recreation facility. Appropriate sights will be located in cooperation with your academic advisor.

FALL | WINTER | SUMMER