

# LEISURE (LEIS)

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## LEIS 1232 Beginning Golf

**Description:** Theory and practice of basic skills, rules, terminology and etiquette.

**Credit hours:** 2

**Contact hours:** Lecture: 2 Contact: 2

**Levels:** Undergraduate

**Schedule types:** Lecture

**Department/School:** Kinesiology, Appl Health, Rec

**General Education and other Course Attributes:** Leisure Performance Activity

## LEIS 1242 Beginning Tennis and Racquetball

**Description:** Theory and practice of tennis and racquetball; basic skills, rules, terminology, and game strategy for singles and doubles play. No credit for students with credit in LEIS 1252.

**Credit hours:** 2

**Contact hours:** Lecture: 2 Contact: 2

**Levels:** Undergraduate

**Schedule types:** Lecture

**Department/School:** Kinesiology, Appl Health, Rec

**General Education and other Course Attributes:** Leisure Performance Activity

## LEIS 1252 Beginning Tennis

**Description:** Theory and practice of basic skills, rules, terminology and game strategy for singles and doubles play. No credit for students with credit in LEIS 1242.

**Credit hours:** 2

**Contact hours:** Lecture: 2 Contact: 2

**Levels:** Undergraduate

**Schedule types:** Lecture

**Department/School:** Kinesiology, Appl Health, Rec

**General Education and other Course Attributes:** Leisure Performance Activity

## LEIS 1322 Bowling

**Description:** Theory and practice of approaches, deliveries, releases and mechanical principles involved in aiming and follow through.

**Credit hours:** 2

**Contact hours:** Lecture: 2 Contact: 2

**Levels:** Undergraduate

**Schedule types:** Lecture

**Department/School:** Kinesiology, Appl Health, Rec

**General Education and other Course Attributes:** Leisure Performance Activity

## LEIS 1342 Physical Fitness

**Description:** Theory and practice of aerobic and weight training activities with learning experiences designed to promote physical fitness.

**Credit hours:** 2

**Contact hours:** Lecture: 2 Contact: 2

**Levels:** Undergraduate

**Schedule types:** Lecture

**Department/School:** Kinesiology, Appl Health, Rec

**General Education and other Course Attributes:** Leisure Performance Activity

## LEIS 1352 Weight Training

**Description:** Improvement of muscular strength and endurance in the major muscle groups of the body through progressive resistive exercise. Fundamental anatomy, physiology, mechanical principles, methods and techniques as applied to weight training programs.

**Credit hours:** 2

**Contact hours:** Lecture: 2 Contact: 2

**Levels:** Undergraduate

**Schedule types:** Lecture

**Department/School:** Kinesiology, Appl Health, Rec

**General Education and other Course Attributes:** Leisure Performance Activity

## LEIS 1362 Self Defense

**Description:** Theory and practice of self defense; scientific principles of gravity and body control over opposing forces, and principles of contest judo.

**Credit hours:** 2

**Contact hours:** Lecture: 2 Contact: 2

**Levels:** Undergraduate

**Schedule types:** Lecture

**Department/School:** Kinesiology, Appl Health, Rec

**General Education and other Course Attributes:** Leisure Performance Activity

## LEIS 2112 Rock Climbing

**Description:** Theory and practice in the basics of technical rock climbing, bouldering and spelunking.

**Credit hours:** 2

**Contact hours:** Lecture: 2 Contact: 2

**Levels:** Undergraduate

**Schedule types:** Lecture

**Department/School:** Kinesiology, Appl Health, Rec

**General Education and other Course Attributes:** Leisure Performance Activity

## LEIS 2122 Backpacking and Hiking

**Description:** Theory and practice of outdoor skills and leadership techniques for executing and evaluating a wilderness activity.

**Credit hours:** 2

**Contact hours:** Lecture: 2 Contact: 2

**Levels:** Undergraduate

**Schedule types:** Lecture

**Department/School:** Kinesiology, Appl Health, Rec

**General Education and other Course Attributes:** Leisure Performance Activity

## LEIS 2322 Recreational Dance

**Description:** Theory and practice of traditional social dances and a variety of "free style" dance forms.

**Credit hours:** 2

**Contact hours:** Lecture: 2 Contact: 2

**Levels:** Undergraduate

**Schedule types:** Lecture

**Department/School:** Kinesiology, Appl Health, Rec

**General Education and other Course Attributes:** Leisure Performance Activity

**LEIS 6043 Ethical Issues in Health, Leisure, and Human Performance**

**Prerequisites:** Admission to the Graduate College.

**Description:** A survey of ethical issues with specific emphasis on health, leisure, and human performance in higher education.

**Credit hours:** 3

**Contact hours:** Lecture: 3 Contact: 3

**Levels:** Graduate

**Schedule types:** Lecture

**Department/School:** Kinesiology, Appl Health, Rec