RECREATION (RECR)

RECR F110A  Beginning Swimming
1 Credit
Offered As Demand Warrants
Beginning level swimming skills, proper breathing techniques and beginning strokes. Emphasizes personal water safety.
Lecture + Lab + Other: 0 + 3 + 0

RECR F110B  Intermediate Swimming
1 Credit
Offered As Demand Warrants
Intermediate-level swimming skills, proper breathing techniques and beginning strokes. Emphasizes personal water safety.
Lecture + Lab + Other: 0 + 3 + 0

RECR F110C  Advanced Swimming
1 Credit
Offered As Demand Warrants
Advanced-level swimming skills, proper breathing techniques and beginning strokes. Emphasizes personal water safety.
Lecture + Lab + Other: 0 + 3 + 0

RECR F110D  Conditioning Swimming
1 Credit
Offered As Demand Warrants
Covers proper warm-up and warm-down techniques, lap swim etiquette, and proper use of workout equipment.
Lecture + Lab + Other: 0 + 3 + 0

RECR F110E  Beginning Scuba
1 Credit
Offered As Demand Warrants
Instruction and practice in beginning underwater aquatic activities.
Lecture + Lab + Other: 0 + 3 + 0

RECR F110J  Fundamentals of Competitive Water Polo
1 Credit
Offered As Demand Warrants
Introduction to the game of water polo. Students will learn techniques used in water polo, as well as the basic rules and regulations of the sport.
Prerequisites: RECR F110D.
Lecture + Lab + Other: 0 + 3 + 0

RECR F120A  Aerobics
1 Credit
Offered As Demand Warrants
Moderate to high impact dance routines set to music designed to increase cardiovascular strength, promote coordination, and increase overall body strength and flexibility.
Lecture + Lab + Other: 0 + 3 + 0

RECR F120C  Beginning Yoga
1 Credit
Offered As Demand Warrants
Beginning concepts and philosophy of yoga, breathing, postures, meditation, Sanskrit names of exercises, increased muscle tone and flexibility.
Lecture + Lab + Other: 0 + 3 + 0

RECR F120D  Intermediate Yoga
1 Credit
Offered As Demand Warrants
Intermediate concepts and philosophy of yoga, breathing, postures, meditation, Sanskrit names of exercises, increased muscle tone and flexibility.
Lecture + Lab + Other: 0 + 3 + 0

RECR F120F  Exercise And Fitness
1 Credit
Offered As Demand Warrants
Instruction and practice in activities at beginning through advanced levels including (but not limited to) multi-fitness conditioning, recreational fitness activities, running, cycling, walking, weight training, aerobics, power lifting, tai chi chuan and yoga.
Lecture + Lab + Other: 0 + 3 + 0

RECR F120G  Military Fitness Training
1 Credit
Offered As Demand Warrants
Instruction and practice in fitness activities concentrating on flexibility, strength, and muscular and cardiovascular endurance.
Lecture + Lab + Other: 0 + 3 + 0

RECR F120H  Multi Fitness Conditioning
1 Credit
Offered As Demand Warrants
An overview of medium to high intensity aerobic exercise and muscle strengthening, conditioning and toning.
Lecture + Lab + Other: 0 + 3 + 0

RECR F120J  Weight Training
1 Credit
Offered As Demand Warrants
Design and perform strength training routines using resistance to achieve overall fitness.
Lecture + Lab + Other: 0 + 3 + 0

RECR F120K  Advanced Weight Training
1 Credit
Offered As Demand Warrants
Design and perform strength training routines using resistance to achieve overall fitness.
Lecture + Lab + Other: 0 + 3 + 0

RECR F120L  Zumba Fitness
1 Credit
Offered As Demand Warrants
Introduction to basic Zumba Fitness/Latin dance steps from salsa, merengue, cumbia, reggaeton, and belly dance along with other international rhythms. Students will learn to identify the music, as well as a brief history of the dance.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130A  Beginning Jazz Dance
1 Credit
Offered As Demand Warrants
Develop a repertoire of jazz dance movement and terminology including plies, isolations, stretches, traveling steps, battements, pas de bourre, jazz slides and turns. History of jazz dance.
Lecture + Lab + Other: 0 + 3 + 0
RECR F130B Intermediate Jazz Dance
1 Credit
Offered As Demand Warrants
Develop a repertoire of jazz dance movement and terminology including plies, isolations, stretches, traveling steps, battements, pas de burres, jazz slides and turns. History of jazz dance.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130C Advanced Jazz Dance
1 Credit
Offered As Demand Warrants
Develop a repertoire of jazz dance movement and terminology including plies, isolations, stretches, traveling steps, battements, pas de burres, jazz slides and turns. History of jazz dance.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130D Modern Dance
1 Credit
Offered As Demand Warrants
Develop a repertoire of modern dance movement and terminology including contraction and release, swings, triplets, fall and recovery, rolls and improvisations.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130E Beginning Ballroom Dance
1 Credit
Offered As Demand Warrants
Students with little or no background in social dance. Our aim is to have a good time and build a strong foundation for future learning. Dances covered include waltz, foxtrot, single-count swing, east coast swing, salsa, cha cha, merengue and, time permitting, polka.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130F Intermediate Ballroom Dance
1 Credit
Offered As Demand Warrants
Dances covered include waltz, foxtrot, single-count swing, east coast swing, salsa, cha cha, merengue and, time permitting, polka. Our aim is to have a good time and build a strong foundation for future learning. This course is for students with a beginning background in social dance.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130G Advanced Ballroom Dance
1 Credit
Offered As Demand Warrants
Dances covered include waltz, foxtrot, single-count swing, east coast swing, salsa, cha cha, merengue and, time permitting, polka. Our aim is to have a good time and build an even stronger foundation for future learning. This course is for students with an intermediate background in social dance.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130H Beginning Ballet
1 Credit
Offered As Demand Warrants
Instruction and practice in ballet at beginning levels.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130I Intermediate Ballet
1 Credit
Offered As Demand Warrants
Instruction and practice in ballet at intermediate levels.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130J Advanced Ballet
1 Credit
Offered As Demand Warrants
Instruction and practice in ballet at advanced levels.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130K Middle Eastern Dance
1 Credit
Offered As Demand Warrants
Designed for students with some or no background in Middle Eastern dance or anyone who wants to refine their technique and gain a deeper understanding of the different styles, history and evolution of Middle Eastern dance from social dance to performance art. Majority of semester will focus on basic dance vocabulary and choreography as well as dancing with props such as veils and finger cymbals.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130M Beginning Contemporary Dance
1 Credit
Offered As Demand Warrants
Contemporary dance is an opportunity for students to explore contemporary dance movement, and gain strength and flexibility to improve their ability to dance. Designed to introduce students to contemporary dance, the course will be a combination of stretching, conditioning, and dancing. Students will be expected to demonstrate an understanding of basic contemporary dance principles and interpretation upon completion.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130N Beginning Hip Hop
1 Credit
Offered As Demand Warrants
Introduction to basic movements and terminology of hip hop dances and associated body movements. Students will gain an understanding of these principles and an ability to execute maneuvers presented in class.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130O Beginning Lyrical Dance
1 Credit
Offered As Demand Warrants
Instruction and practice in lyrical dance at the beginning level. Students will gain an understanding of body movements and choreographic styles of lyrical dance, as well as an understanding of one's physical self as a dancer.
Lecture + Lab + Other: 0 + 3 + 0

RECR F130P Hot Hula Fitness
1 Credit
Offered As Demand Warrants
Hot Hula Fitness incorporates traditional Polynesian drum beats as well as Hip Hop and Reggae music while performing dance movements from the South Pacific Islands. These movements give emphasis to core training and strengthening of the larger muscle groups. This unique and exciting exercise class encourages positive well-being and physical health.
Lecture + Lab + Other: 0 + 3 + 0
Lecture + Lab + Other: Safety will be the foremost concern.

Parts, operation, ammunition, gun safety, and shooting fundamentals. Safely and to advance through the NRA marksmanship program.

Lecture + Lab + Other: 0 + 3 + 0

RECR F130Y  Beginning Tap Dance
1 Credit
Offered As Demand Warrants
An opportunity for students to explore tap dance and develop an understanding and practice of movement skills basic to tap dance of America. Students will learn the basic steps while focusing on rhythm and coordination. A variety of tap styles will be introduced.

Lecture + Lab + Other: 0 + 3 + 0

RECR F130Z  Intermediate Swing Dance
1 Credit
Offered As Demand Warrants
Introduction to several forms of swing dance. Learn swing dance principles, techniques and steps to build a foundation for future learning and enjoyment. Dances will include Four Count (Country) Swing, East Coast Swing, West Coast Swing, and Hustle among others.

Prerequisites: RECR F130V; or RECR F130E.

Lecture + Lab + Other: 0 + 3 + 0

RECR F140A  Beginning Fencing
1 Credit
Offered As Demand Warrants
Beginning classical Italian style fencing, stresses form and bladework for both defense and offense. This style is difficult to learn, but when mastered is extremely effective.

Lecture + Lab + Other: 0 + 3 + 0

RECR F140B  Intermediate Fencing
1 Credit
Offered As Demand Warrants
Intermediate classical Italian style fencing, stresses form and bladework for both defense and offense. This style is difficult to learn, but when mastered is extremely effective.

Lecture + Lab + Other: 0 + 3 + 0

RECR F140C  Advanced Fencing
1 Credit
Offered As Demand Warrants
Advanced classical Italian style fencing, stresses form and bladework for both defense and offense. This style is difficult to learn, but when mastered is extremely effective.

Lecture + Lab + Other: 0 + 3 + 0

RECR F140E  Beginning Pistol Marksmanship
1 Credit
Offered As Demand Warrants
Knowledge, skills and attitudes necessary for owning and using a pistol safely and to advance through the NRA marksmanship program. Pistol parts, operation, ammunition, gun safety, and shooting fundamentals. Safety will be the foremost concern.

Lecture + Lab + Other: 0 + 3 + 0

RECR F140F  Intermediate Pistol Marksmanship
1 Credit
Offered As Demand Warrants
Intermediate knowledge, skills and attitudes necessary for owning and using a pistol safely and to advance through the NRA marksmanship program. Pistol parts and their operation, ammunition, gun safety, and shooting fundamentals. Safety will be the foremost concern.

Lecture + Lab + Other: 0 + 3 + 0

RECR F140G  Advanced Pistol Marksmanship
1 Credit
Offered As Demand Warrants
Advanced knowledge, skills and attitudes necessary for owning and using a pistol safely and to advance through the NRA marksmanship program. Pistol parts and their operation, ammunition, gun safety, and shooting fundamentals. Safety will be the foremost concern.

Lecture + Lab + Other: 0 + 3 + 0

RECR F140H  Beginning Rock Climbing
1 Credit
Offered As Demand Warrants
Introduction to rock climbing, knots, risk evaluation, gear, rope skills, belaying, rappelling, jumaring, prusiking and top rope techniques.

Lecture + Lab + Other: 0 + 3 + 0

RECR F140J  Intermediate Rock Climbing
1 Credit
Offered As Demand Warrants
Intermediate rock climbing, knots, risk evaluation, gear, rope skills, belaying, rappelling, jumaring, prusiking and top rope techniques.

Lecture + Lab + Other: 0 + 3 + 0

RECR F140K  Advanced Rock Climbing
1 Credit
Offered As Demand Warrants
An extension of beginning rock climbing. Hauling, aid climbing, advanced Jumar techniques, lead climbing, portaledge set up and taping.

Lecture + Lab + Other: 0 + 3 + 0

RECR F140L  Technical Climbing
1 Credit
Offered As Demand Warrants
Introduction to high-angle technical climbing, top-rope rock and ice skills, movement on rock and ice, rope work, anchor systems, climbing ethics.

Lecture + Lab + Other: 0 + 3 + 0

RECR F140M  Introduction to Fly Fishing and Fly Tying
1 Credit
Offered As Demand Warrants
Stream, river, pond, and lake dynamics; fish anatomy, behavior, and life history; aquatic insects; and habitat and species of fish and insects; correlated limnology to fly selection and fishing strategy. Fall Fly Fishing: Interior Alaska limnology, entomology, and how they relate to fly-fishing. Fly-fishing as a medium to present college-level scientific concepts to students. Spring Fly Fishing: The art and science of fly casting, fishing and tying.

Lecture + Lab + Other: 0 + 3 + 0

RECR F140N  Alaskan Fly Fishing and Tying
1 Credit
Offered As Demand Warrants
The art and science of fly casting, fishing and tying.

Lecture + Lab + Other: 0 + 3 + 0
RECR F140Q  Tennis
1 Credit
Offered As Demand Warrants
Instruction and practice activities in tennis.
Lecture + Lab + Other: 0 + 3 + 0

RECR F140R  Billiards
1 Credit
Offered As Demand Warrants
Basic billiards skill set, strokes and using "English" on the cue ball. Focus on cutthroat, eight ball and nine ball using BCA rules.
Lecture + Lab + Other: 0 + 3 + 0

RECR F140T  Beginning Golf
1 Credit
Offered As Demand Warrants
Instruction and practice activities at beginning golf.
Lecture + Lab + Other: 0 + 3 + 0

RECR F140U  Intermediate Golf
1 Credit
Offered As Demand Warrants
Instruction and practice activities in intermediate golf.
Lecture + Lab + Other: 0 + 3 + 0

RECR F140V  Bowling
1 Credit
Offered As Demand Warrants
Instruction and practice activities in bowling.
Lecture + Lab + Other: 0 + 3 + 0

RECR F140Y  Kayaking
1 Credit
Offered As Demand Warrants
Instruction and practice activities at beginning through advanced kayaking.
Lecture + Lab + Other: 0 + 3 + 0

RECR F140Z  Canoeing
1 Credit
Offered As Demand Warrants
Instruction and practice activities at beginning through advanced canoeing.
Lecture + Lab + Other: 0 + 3 + 0

RECR F140G  Beginning Tai Chi
1 Credit
Offered As Demand Warrants
Instruction and practice in beginning tai chi.
Lecture + Lab + Other: 0 + 3 + 0

RECR F150C  Advanced Aikido
1 Credit
Offered As Demand Warrants
Instruction and practice in martial arts and combative activities at beginning through advanced levels including (but not limited to) boxing, aikido, karate and tae kwon do.
Lecture + Lab + Other: 0 + 3 + 0

RECR F140A  Beginning Aikido
1 Credit
Offered As Demand Warrants
Aikido is a modern Japanese martial art that teaches coordination of mind and body to develop calmness in action and the strongest human condition. Includes KI extension exercises, basic rolling and falling, KI testing, and basic arts of self defense.
Lecture + Lab + Other: 0 + 3 + 0

RECR F140B  Intermediate Aikido
1 Credit
Offered As Demand Warrants
Concentrates on learning to lead the KI development exercises. Breathing, movement, visualization techniques and moving meditation to teach how mind and body are interconnected. Advanced variations of the six basic self defense arts, advanced rolling and falling, Jo kata and individual and paired Bokken movements.
Lecture + Lab + Other: 0 + 3 + 0

RECR F150D  Beginning Karate
1 Credit
Offered As Demand Warrants
Introduction to Shotokan karate, learning basic blocks, kicks and punches and defenses moves. Kata and kumite introduced. History and philosophy discussed.
Lecture + Lab + Other: 0 + 3 + 0

RECR F150E  Intermediate Karate
1 Credit
Offered As Demand Warrants
Instruction and practice in intermediate karate.
Lecture + Lab + Other: 0 + 3 + 0

RECR F150F  Advanced Karate
1 Credit
Offered As Demand Warrants
Instruction and practice in advanced karate.
Lecture + Lab + Other: 0 + 3 + 0

RECR F150G  Beginning Kung Fu/Jiujitsu/Tae Kwon Do
1 Credit
Offered As Demand Warrants
Emphasis on technique and conditioning. Beginning stances and etiquette. The three basic katas. Partner work, training in stretching, conditioning, and breath control. Both self-defense and sporting applications. Course will cover the eight Kung Fu animal systems. Activities will include but are not limited to: warm-ups, stretching, kicking, punching, kata, and partner work.
Lecture + Lab + Other: 0 + 3 + 0

RECR F150H  Intermediate Kung Fu/Jiujitsu/Tae Kwon Do
1 Credit
Offered As Demand Warrants
Emphasis on technique and conditioning. Intermediate stances and etiquette will be covered, along with an understanding of intermediate techniques and some of their applications. Partner work will be taught, along with training in stretching, conditioning, and breath control. Both self-defense and sporting applications. Will cover the eight Kung Fu animal systems. Activities will include but are not limited to: warm-ups, stretching, kicking, punching, kata, and partner work.
Lecture + Lab + Other: 0 + 3 + 0

RECR F150J  Advanced Kung Fu/Jiujitsu/Tae Kwon Do
1 Credit
Offered As Demand Warrants
Instruction and practice in advanced movements, weapons and martial arts certificate promotions.
Lecture + Lab + Other: 0 + 3 + 0

RECR F150K  Beginning Tai Chi
1 Credit
Offered As Demand Warrants
Instruction and practice in beginning tai chi.
Lecture + Lab + Other: 0 + 3 + 0
RECR F150L  Intermediate Tai Chi
1 Credit
Offered As Demand Warrants
Instruction and practice in intermediate tai chi.
Lecture + Lab + Other: 0 + 3 + 0

RECR F150M  Advanced Tai Chi
1 Credit
Offered As Demand Warrants
Instruction and practice in advanced tai chi.
Lecture + Lab + Other: 0 + 3 + 0

RECR F150N  Beginning Japanese Iaido and Swordsmanship
1 Credit
Offered as Demand Warrants
The curriculum is based on the Muso Jikiden Eishin Ryu style of Iaido. This particular curriculum follows the techniques and teachings and Iwata Norikazu Sensei, as administered by the Roshukai organization of Japan, and promoted and taught by the British Eikoku Rosh branch in the UK.
Lecture + Lab + Other: 0 + 3 + 0

RECR F150Q  Intermediate Tennis
1 Credit
Offered As Demand Warrants
Instruction and practice in tennis at the intermediate level, building improved consistency and increasing confidence with strokes.
Prerequisites: RECR F140Q.
Lecture + Lab + Other: 0 + 3 + 0

RECR F160B  Varsity Athletics
1 Credit
Offered As Demand Warrants
Instruction and practice in varsity athletics.
Lecture + Lab + Other: 0 + 3 + 0

RECR F160C  Ultimate Frisbee
1 Credit
Offered As Demand Warrants
Ultimate Frisbee, including catching and throwing the disc as well as both offensive and defensive strategies.
Lecture + Lab + Other: 0 + 3 + 0

RECR F160D  Volleyball
1 Credit
Offered As Demand Warrants
Skills of volleyball, game rules, plays and terminology.
Lecture + Lab + Other: 0 + 3 + 0

RECR F160E  Beginning Archery
1 Credit
Offered As Demand Warrants
Designed for the beginning through the intermediate archer. Use of recurve or compound bows. Current Olympic-style shooting methods along with different styles of target and field archery.
Lecture + Lab + Other: 0 + 3 + 0

RECR F160F  Introduction to Mountaineering
2 Credits
Offered As Demand Warrants
This course is designed to introduce the student to the sport of mountaineering.
Lecture + Lab + Other: 0 + 6 + 0

RECR F160M  Advanced Fly Fishing and Fly Tying
1 Credit
Offered As Demand Warrants
Building on RECR F140M, students will learn how to more accurately use a fly rod, tie big-game fishing knots, construct furled leaders, and plan fly fishing trips, as well as how build and create fishing flies using advanced techniques. Information on Alaskan freshwater fish, habitat, entomology, and stream ecology will be covered as applicable.
Prerequisites: RECR F140M or RECR F140N.
Lecture + Lab + Other: 0 + 3 + 0

RECR F170A  Beginning Ice Hockey
1 Credit
Offered As Demand Warrants
Beginning skating, passing, shooting, and team play. Power play and penalty kill. Practice game situation plays: odd man rushes, below the goal line play, and positional play. The sport of ice hockey in a group environment.
Lecture + Lab + Other: 0 + 3 + 0

RECR F170B  Intermediate Ice Hockey
1 Credit
Offered As Demand Warrants
Intermediate skating, passing, shooting, and team play. Power play and penalty kill. Practice game situation plays: odd man rushes, below the goal line play, and positional play. The sport of ice hockey in a group environment.
Lecture + Lab + Other: 0 + 3 + 0

RECR F170C  Advanced Ice Hockey
1 Credit
Offered As Demand Warrants
Advanced skating, passing, shooting, and team play. Power play and penalty kill. Practice game situation plays: odd man rushes, below the goal line play, and positional play. The sport of ice hockey in a group environment.
Lecture + Lab + Other: 0 + 3 + 0

RECR F170D  Beginning Cross-country Skiing
1 Credit
Offered As Demand Warrants
Instruction and practice in beginning cross-country skiing.
Lecture + Lab + Other: 0 + 3 + 0

RECR F170E  Intermediate Cross-country Skiing
1 Credit
Offered As Demand Warrants
Instruction and practice in intermediate cross-country skiing.
Lecture + Lab + Other: 0 + 3 + 0

RECR F170G  Introduction to Ski Mountaineering
1 Credit
Offered As Demand Warrants
Safe methods of winter travel in Alaska. Snowshoeing, skiing, gear and clothing, avalanche safety, climbing crevasse rescue skills, glaciers, winter camping skills, first aid.
Lecture + Lab + Other: 0 + 3 + 0

RECR F170M  Curling
1 Credit
Offered As Demand Warrants
Instruction and practice in curling.
Lecture + Lab + Other: 0 + 3 + 0
RECR F170N  Introduction to Winter Camping
1 Credit
Offered As Demand Warrants
This course introduces students to outdoor adventure, travel and camping in Alaska while teaching fundamental outdoor survival skills. This course is designed to equip students with the necessary skills and knowledge to effectively and safely navigate with a map and compass, snowshoe, cross country ski, and camp in a wide variety of Alaskan conditions.
Prerequisites: Instructor permission required.
Lecture + Lab + Other: 1 + 0 + 0

RECR F170P  Introduction to Arctic Backpacking
1 Credit
Offered As Demand Warrants
Designed to introduce students to the art of backpacking the Arctic: route planning, food preparation, gear choices, and emergency preparedness leading to a week-long Arctic backpacking trip. Many of the Leave No Trace camping ethics that are important while backpacking in the Arctic will be addressed.
Lecture + Lab + Other: 0 + 0 + 3

RECR F170Q  Introduction to Dog Mushing
1 Credit
Offered As Demand Warrants
This course is designed for students who have little to no experience in dog mushing and are interested in learning the basics of dog sledding in Alaska. Topics to be covered include: Techniques for operating a sled dog kennel; Introduction to sled dog management and maintenance; Hands-On Instruction on how to hook up and drive a team of 3 to 4 sled dogs; and offers an extended mushing experience. Must be enrolled with the Black Spruce Dog Sledding.
Lecture + Lab + Other: 0 + 3 + 0

RECR F180A  Expedition Rock Climbing
1 Credit
Offered As Demand Warrants
This course is designed to take students who already have a grasp of the basics of rock climbing to the next level. Students will travel to a designated location in order to develop the ability to sport lead outside, and gain working knowledge of the fundamental concepts of placing removable rock protection (trad gear) and doing practice leads while placing trad gear in the rock. Students will also learn crack climbing movement techniques such as hand jams and foot jams.
Prerequisites: RECR F140H or RECR F140J.
Lecture + Lab + Other: 0 + 3 + 0

RECR F180B  Introduction to Expedition Kayaking
1 Credit
Offered As Demand Warrants
Designed to introduce students to the art of expedition tripping with inflatable kayaks with a float on primarily Class I and II water. The students will be involved with all aspects of planning and executing this awesome wilderness trip. Food and transportation is included in the field fee.
Lecture + Lab + Other: 0 + 3 + 0