Recreation (RECR)

Community and Technical College
General Academic & Technical Programs (https://www.ctc.uaf.edu/)
907-455-2800

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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

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
Grading System: Pass/Fail Grades

RECR F110L  Lifeguarding
1 Credit
Offered As Demand Warrants
Provide entry-level lifeguard knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illness until emergency medical services personnel take over.
Special Notes: To enroll in this course, students must attend the prescreening skills test, pass a swimming skills test and be at least 16 yrs of age before the start of the class session.
Lecture + Lab + Other: 0.5 + 1.5 + 0
Grading System: Pass/Fail Grades
Repeatable for Credit: May be taken 2 times for up to 2 credits

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Offered As Demand Warrants</th>
<th>Description</th>
<th>Lecture + Lab + Other:</th>
<th>Grading System</th>
</tr>
</thead>
<tbody>
<tr>
<td>RECR F120J</td>
<td>Weight Training</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>Design and perform strength training routines using resistance to achieve overall fitness.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
<tr>
<td>RECR F120K</td>
<td>Advanced Weight Training</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>Design and perform strength training routines using resistance to achieve overall fitness.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
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<tr>
<td>RECR F120L</td>
<td>Zumba Fitness</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>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.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
<tr>
<td>RECR F130A</td>
<td>Beginning Jazz Dance</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>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.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
<tr>
<td>RECR F130B</td>
<td>Intermediate Jazz Dance</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>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.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
<tr>
<td>RECR F130C</td>
<td>Advanced Jazz Dance</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>Develop a repertoire of a jazz dance movement and terminology including plies, isolations, stretches, traveling steps, battements, pas de burres, jazz slides and turns. History of jazz dance.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
<tr>
<td>RECR F130D</td>
<td>Modern Dance</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>Develop a repertoire of modern dance movement and terminology including contraction and release, swings, triplets, fall and recovery, rolls and improvisations.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
<tr>
<td>RECR F130E</td>
<td>Beginning Ballroom Dance</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>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, fox trot, single-count swing, east coast swing, salsa, cha cha, merengue and, time permitting, polka.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
<tr>
<td>RECR F130F</td>
<td>Intermediate Ballroom Dance</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>Dances covered include waltz, fox trot, 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.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
<tr>
<td>RECR F130G</td>
<td>Advanced Ballroom Dance</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>Dances covered include waltz, fox trot, 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.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
<tr>
<td>RECR F130H</td>
<td>Beginning Ballet</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>Instruction and practice in ballet at beginning levels.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
<tr>
<td>RECR F130J</td>
<td>Intermediate Ballet</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>Instruction and practice in ballet at intermediate levels.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
<tr>
<td>RECR F130K</td>
<td>Advanced Ballet</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>Instruction and practice in ballet at advanced levels.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
<tr>
<td>RECR F130N</td>
<td>Middle Eastern Dance</td>
<td>1</td>
<td>As Demand Warrants</td>
<td>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.</td>
<td>0 + 3 + 0</td>
<td>Pass/Fail Grades</td>
</tr>
</tbody>
</table>
RECR F130Q  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 these principles and ability to execute maneuvers presented in class.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades

RECR F130R  Beginning Break Dance
1 Credit
Offered As Demand Warrants
Introduction to basic movements and terminology of break dancing, and an understanding of 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
Grading System: Pass/Fail Grades

RECR F130S  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
Grading System: Pass/Fail Grades

RECR F130T  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 understanding of one’s physical self as a dancer.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

RECR F130Z  Intermediate Swing Dance
1 Credit
Offered As Demand Warrants
Instruction at the intermediate level of swing dance. Learn intermediate level swing dance techniques and steps, and prepare for more advanced future dance learning and enjoyment. Dances will include Four Count (Country) Swing, East Coast Swing, Single Count Swing, West Coast Swing and Hustle.
Prerequisites: RECR F130V; or RECR F130E.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades
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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

RECR F140J  Intermediate Rock Climbing
1 Credit
Offered As Demand Warrants
Intermediate rock climbing, multi-pitch techniques, belay in guide mode, rescue systems, advanced anchors, haul systems, lead belay with Grigri, basic crack climbing technique and trad protection.
Prerequisites: RECR F140H.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

RECR F140L  Introduction to Ice Climbing
1 Credit
Offered As Demand Warrants
Introduction to ice climbing, top-rope ice skills, movement and technique on ice, rope work, anchor systems, climbing gear, climbing ethics as well as risk assessment and management. No experience required.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades

RECR F140M  Introduction to Fly Fishing and Fly Tying
1 Credit
Offered As Demand Warrants
Fundamentals of fly casting, fishing and tying. Students will learn how to use a fly rod to place a fly with accuracy, tie fishing knots, construct their own leaders, learn where fish live and how best to catch (and release) them. Fish anatomy, behavior and habitat will be discussed.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

RECR F140Q  Tennis
1 Credit
Offered As Demand Warrants
Instruction and practice activities in tennis.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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

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

RECR F140V  Bowling
1 Credit
Offered As Demand Warrants
Instruction and practice activities in bowling.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades

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

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

RECR F150A  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
Grading System: Pass/Fail Grades
RECR F150B  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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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

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

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

RECR F150K  Beginning Tai Chi
1 Credit
Offered As Demand Warrants
Instruction and practice in beginning tai chi.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades

RECR F150L  Intermediate Tai Chi
1 Credit
Offered As Demand Warrants
Instruction and practice in intermediate tai chi.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades

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

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
Grading System: Pass/Fail Grades

RECR F150P  Pickleball
1 Credit
Offered As Demand Warrants
Pickleball combines elements of tennis, badminton and ping pong. This course will cover court etiquette, basic skills of forehand, backhand, serve, return and volley, game management and strategy, and scoring.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades
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
Grading System: Pass/Fail Grades

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

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
Grading System: Pass/Fail Grades

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

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

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

RECR F170D  Beginning Cross-country Skiing
1 Credit
Offered As Demand Warrants
Instruction and practice in cross-country skiing.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

RECR F170M  Curling
1 Credit
Offered As Demand Warrants
Instruction and practice in curling.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades
RECR F170N  Introduction to Winter Camping
1 Credit
Offered As Demand Warrants
Introducing students to outdoor adventure, travel and camping in Alaska while teaching fundamental outdoor survival skills. Equipping 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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

RECR F180A  Expedition Rock Climbing
1 Credit
Offered As Demand Warrants
Course builds upon the basics of rock climbing by travel to a designated location to develop the ability to sport lead outside, apply fundamental concepts of placing removable rock protection (trad gear), and practice leads while placing trad gear in the rock. Students will also learn crack climbing movement techniques.
Prerequisites: RECR F140H or RECR F140J.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades

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
Grading System: Pass/Fail Grades

RECR F180K  Alaska Outdoor Adventures
1 Credit
Offered As Demand Warrants
Provides students with a survey of the wide variety of recreational experiences available in Interior Alaska. Course consists of outdoor field trip activities and field prep sessions focused on safety, planning, gear and logistics for each outdoor field trip. Acceptable risks include hiking, snowshoeing and skiing up steep hills with a backpack up to 40 pounds for 4-6 miles of rough terrain with natural and manmade obstacles. Camping out in Alaska winter weather at 0 degrees or colder. Dealing with snowstorms, wind, ice and mud while out. Driving risks may include slick and snowy roads, poor visibility and wildlife. Students must be willing to travel in inclement weather, have wet feet, do creek crossings, deal with bugs and travel over steep and unstable terrain.
Prerequisites: Students must be 18 years of age to enroll and must be in adequate physical condition to carry a 40+ pound pack over rough terrain for a weekend backpack, paddle a canoe for 4-5 hours and participate in cold weather winter activities.
Special Notes: Due to the nature of outdoor travel, there are certain risks in this class.
Lecture + Lab + Other: 0 + 3 + 0
Grading System: Pass/Fail Grades