

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 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

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

Grading System: Pass/Fail Grades

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

Grading System: Pass/Fail Grades

RECR F120L Zumba Fitness

1 Credit

Offered As Demand Warrants

Introduction to basic Zumba Fitness/Latin dance steps from salsa, meringue, 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**Grading System:** Pass/Fail Grades**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 burres, jazz slides and turns. History of jazz dance.

Lecture + Lab + Other: 0 + 3 + 0**Grading System:** Pass/Fail Grades**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**Grading System:** Pass/Fail Grades**RECR F130C Advanced Jazz Dance**

1 Credit

Offered As Demand Warrants

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.

Lecture + Lab + Other: 0 + 3 + 0**Grading System:** Pass/Fail Grades**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**Grading System:** Pass/Fail Grades**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**Grading System:** Pass/Fail Grades**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**Grading System:** Pass/Fail Grades**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**Grading System:** Pass/Fail Grades**RECR F130H Beginning Ballet**

1 Credit

Offered As Demand Warrants

Instruction and practice in ballet at beginning levels.

Lecture + Lab + Other: 0 + 3 + 0**Grading System:** Pass/Fail Grades**RECR F130J Intermediate Ballet**

1 Credit

Offered As Demand Warrants

Instruction and practice in ballet at intermediate levels.

Lecture + Lab + Other: 0 + 3 + 0**Grading System:** Pass/Fail Grades**RECR F130K Advanced Ballet**

1 Credit

Offered As Demand Warrants

Instruction and practice in ballet at advanced levels.

Lecture + Lab + Other: 0 + 3 + 0**Grading System:** Pass/Fail Grades**RECR F130N 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**Grading System:** Pass/Fail Grades**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 an understanding of one's physical self as a dancer.

Lecture + Lab + Other: 0 + 3 + 0**Grading System:** Pass/Fail Grades**RECR F130U Hot Hula Fitness**

1 Credit

Offered As Demand Warrants

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**Grading System:** Pass/Fail Grades**RECR F130V Beginning 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.

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, porta-ledge 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 beginning 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