

Sport & Rec Program

VISION: Sport & Recreation promotes individual health and well-being through experiential engagement and skill-building in physical activity, sport, recreation, and wellness.

Enrollment in these courses can enhance students' academic work by increasing physical activity, providing creative outlets and reducing stress.

Most classes are offered at various levels and/or the instructors personalize the class so that experienced students are challenged while allowing beginners to grow at the pace that is best for them.

A variety of formats are available:

1- and 2-credit classes

in-person and online (asynchronous and synchronous)

15-week and half-semester

Topics Offered

- **Badminton**
- **Basketball**
- **Golf**
- **Handball**
- **Racquetball**
- **Soccer**
- **Beach Soccer**
- **Swim**
- **Table Tennis**
- **Volleyball**
- **Beach Volleyball**

- **Archery**
- **Ballroom Dance**
- **Billiards & Pool**
- **Bowling**
- **Chess**
- **Digital Photography**
- **Floral Design**
- **Sailing**
- **Scuba**
- **Strategy Games**
- **Underwater Photography**
- **Cooking Healthy Foods**

- **Boxing Conditioning**
- **Brazilian Jiu-Jitsu**
- **Cardio Kickboxing**
- **Hiking WI State Trails**
- **Physical Conditioning**
- **Running for Fitness and Fun**
- **Self-defense**
- **Total Body Conditioning**
- **Weight Training**
- **Yoga**
- **Meditation**

Who are our students?

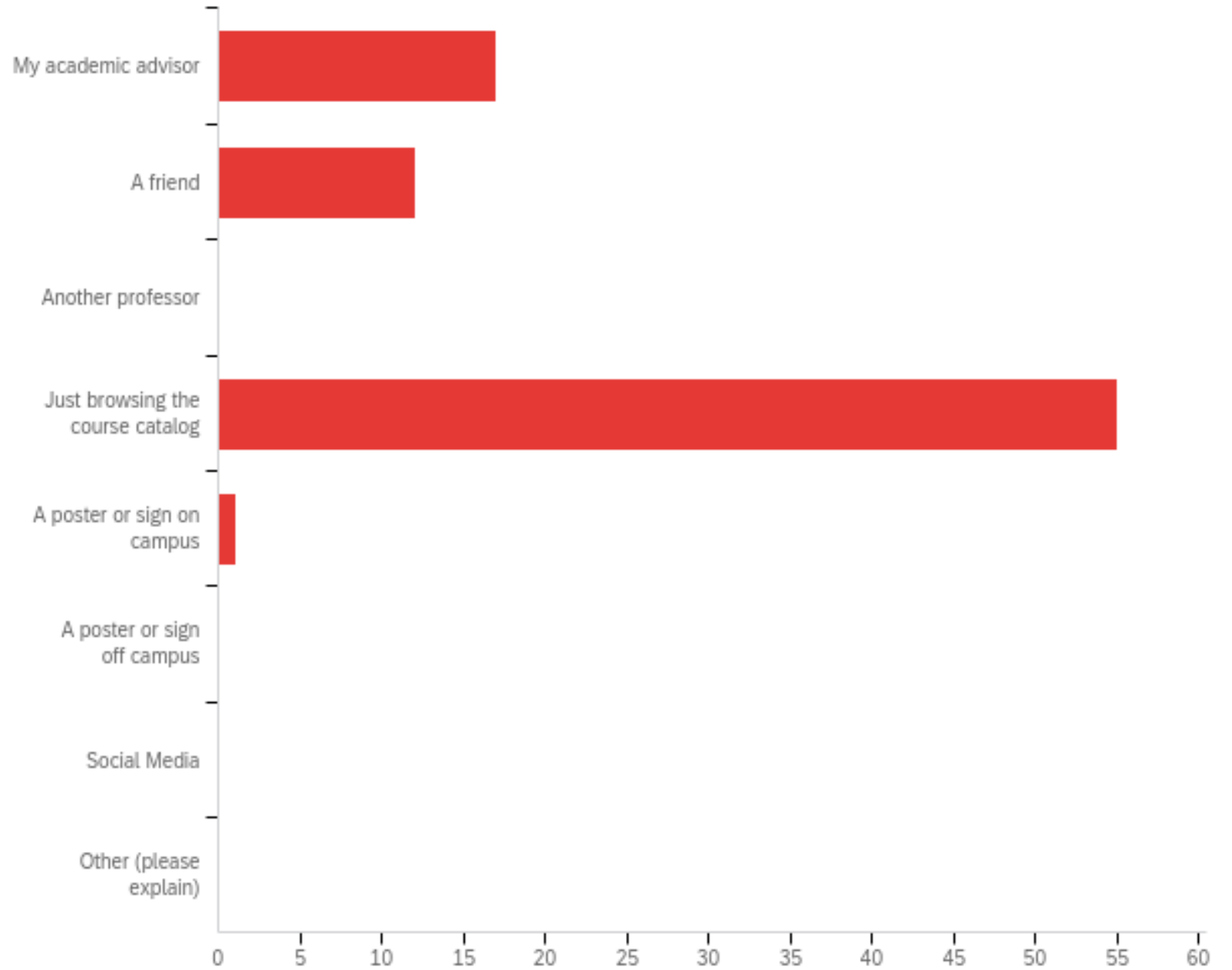
-Fall 2016-Fall 2020 Analysis

		Frequency	Percent
Undergraduate		13892	95.0
	Freshman	1091	7.5
	Sophomore	2841	19.4
	Junior	3057	20.9
	Senior	6903	47.2
Graduate		331	2.3
Auditor		398	2.7
Total		14621	100.0

UG Female	UG Male	UG Total
6623	7268	13892

Would love to increase awareness amongst our Freshman and Sophomore students

How did you hear about Sport and Rec Classes?



Comments We Received

This class should be advertised to college freshman

Make them more evident! Promote them more!

It opened up my mind and body to a new skill and tips/tricks that have come along with this class. I know I enjoy it and can take it outside of class after this semester

This should be a foundational introductory class for every student that enters the higher education system. The benefits will outweigh the stressors to come in their 4-7 year venture in the university.

Absolutely the best decision ever. I learned how to meditate, and turning compassion and kindness towards myself, my thoughts, my emotions, and who I am. I have more control over my actions towards situations and myself now and feel this course has been one of the most valuable courses I have ever had the pleasure of being in.

This should be the first introduction course when students come in to the university.

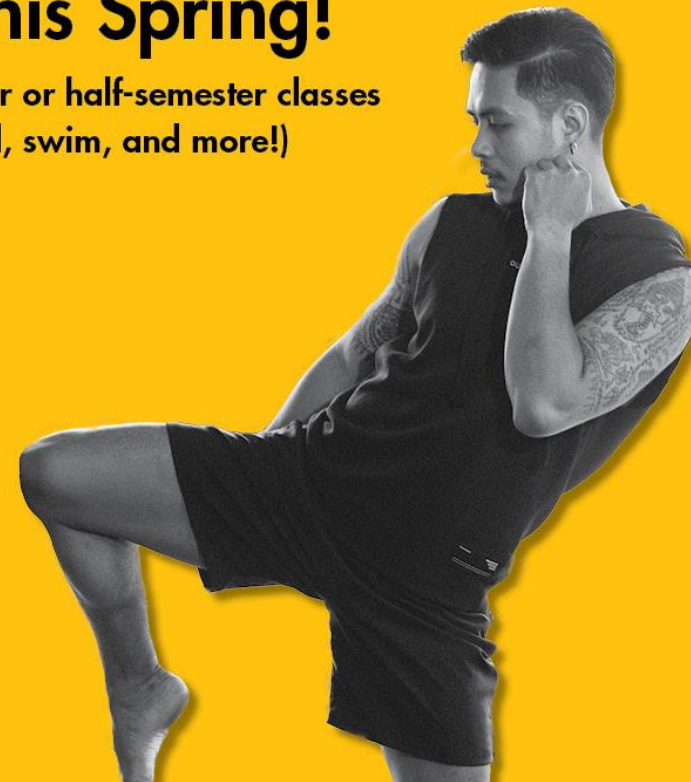
I absolutely love having taken this course. It's made me more confident, changed how I carry myself when I walk into a room, I'm a little more aware of my posture and body, and it's been a really nice opportunity to get some exercise in twice a week.

It has helped me balance my mental health and academic life

Looking for an activity to maintain wellness, improve fitness, or learn a new skill?

Sign up for a Sport & Rec class this Spring!

1-credit and 2-credit classes | In-person and online options | Full-semester or half-semester classes
(Weight training, yoga, meditation, bowling, self-defense, volleyball, swim, and more!)



College of
Health Sciences

uwm.edu/sptrec

Thank you for
your continued
support of our
program and
our students!

Any questions?

-reach out to Sara at sj@uwm.edu

