Summer 2024

SPORT & REC COURSES

1- AND 2-CREDIT // IN-PERSON & ONLINE



ACTIVE | CREATIVE | STRATEGIC | MINDFUL | OUTDOOR | COMPETITIVE



uwm.edu/sptrec

REGISTER: paws.uwm.edu

Select "Sport & Recreation" under the subject. Search class title under keyword.

QUESTIONS?
ph: 414-227-3123
chsout@uwm.edu



Joseph J. Zilber College of Public Health



Sport and Recreation Program

Our courses promote individual health and wellbeing through experiential engagement and skillbuilding in physical activity, sport, recreation and wellness.

Why take a Sport & Rec course?

Improve your wellness and enhance your academic work by staying physically active, providing creative outlets and reducing stress.

Learn and earn credits

Sport and Recreation courses count toward undergraduate general elective credits and GPA. Usually, you can add a full or half semester course at no additional tuition cost (if total credits are 12-18).

How many courses are available this semester?

12 different 1- and 2-credit activity courses are offered with in-person, online and hybrid options. *Course offerings are subject to change.

Where are courses held?

Courses are held on campus and off campus at a variety of locations. Some courses are online.

When are courses offered?

Full semester courses are offered in Fall and Spring. Semesters are 16 weeks.

Half semester courses are offered each Fall and Spring semesters in 8-week sessions.

- Early (beginning of the semester)
- Midterm (middle of the semester)

UWinteriM is 2 weeks.

Summer semester is 8 weeks.

EARLY: MAY 28 - IULY 6

Late add deadline is June 3.

MID: JUNE 10 - JULY 20

Late add deadline is June 14.

SPECIAL DATES

Dates vary by course.

TABLE OF CONTENTS				
ABOUT SPORT & RECREATION	1			
How to Register	2			
COURSE LIST	3			
<u>Courses</u>	4-6			
Frequently Asked Questions	7			

LOCATIONS

Bradford Beach

2400 N. Lincoln Memorial Drive

Milwaukee Yacht Club, Jr. Clubhouse

1700 N. Lincoln Memorial Drive



TRY SOMETHING NEW!



DISCOVER

Learn about the classes available. https://bit.ly/uwmsptrec





GET COURSE NUMBERS



CHECK SCHEDULE

Search SPT&REC in SOC - Schedule of Classes. Find the class, day/time best for YOU! https://bit.ly/uwmclasssearch





SAVE YOUR SEAT



REGISTER: paws.uwm.edu Select "Sport & Recreation" under the subject. Search class title under keyword. https://bit.ly/uwmpaws



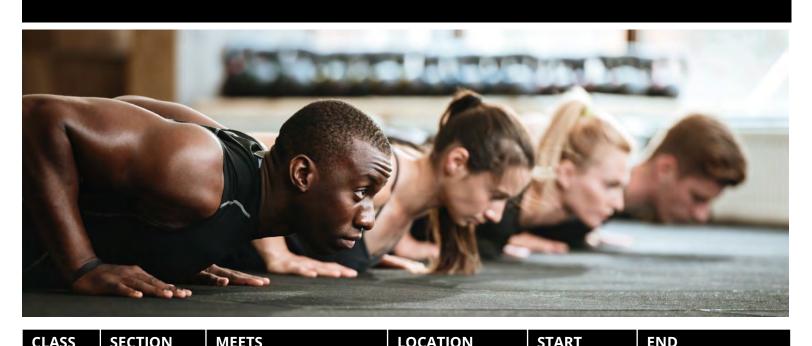


NO ADDITIONAL UNDERGRAD TUITION COST IF TOTAL CREDITS ARE 12-18.



COURSE	CAT. NO.	EARLY MAY 28 – JULY 6	MID JUNE 10 – JULY 20	SPECIAL DATES		
ACTIVE – Exercise & Fitness						
Physical Conditioning	110	Х				
Running for Fun & Fitness	295		X			
COMPETITIVE – Organized Sports						
Beach Flag Football	295			7/8 – 8/17		
Beach Volleyball	295			7/8 – 8/17		
STRATEGIC – Recreational Sports						
Bowling I	161			5/28 – 6/22		
WATER ACTIVITIES						
Sailing	289			6/24 – 8/3		
MINDFUL – Yoga and Meditation						
Yoga I	112		X			
Be Kind to your Mind	298			6/24 – 8/3		
Intro to Relaxation and Meditation	298			6/24 – 8/3		
Meditation in the 21st Century – 2 credit	298	Х				
Mind Body Awareness – 2 credit	298	Х				
Rewire Your Anxious Mind for Peace – 2 credit	298			6/24 – 8/17		





CLASS	SECTION	WILLIS	LOCATION	JIAKI	LIND		
SPT&	REC 110	Physical Conditioning					
61787	201	No pattern	Online	05-28-24	07-06-24		
SPT&	REC 161	Bowling I					
31 1 G	KLC 101	Downing i					
61229	201	No meeting pattern	Online	05-28-24	06-22-24		
SPT&	SPT&REC 295 Running for Fun and Fitness						
62103	292	No pattern	Online	06-10-24	07-20-24		
SPT&	REC 112	Yoga I					

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CLASS	SECTION	MEETS	LOCATION	START	END	
SPT&I	SPT&REC 289 Sailing					
62688	151	M 10 – 11:50 am	Off Campus*	06-24-24	08-03-24	
SPT&I	SPT&REC 295 Beach Flag Football					
62689	117	TR 9 – 10:40 am	Off Campus**	07-08-24	08-17-24	
SPT&REC 295 Beach Volleyball						
62104	109	TR 11 a – 12:40 p	Off Campus**	07-08-24	08-17-24	

Location:

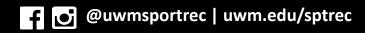
* Milwaukee Yacht Club, Jr. Clubhouse. Fee \$50

Sailing:

First class meets as a group for dry-land orientation on Monday, June 24, 10:00am-11:50am. Small-group sailing will be scheduled according to instructor/student availability.

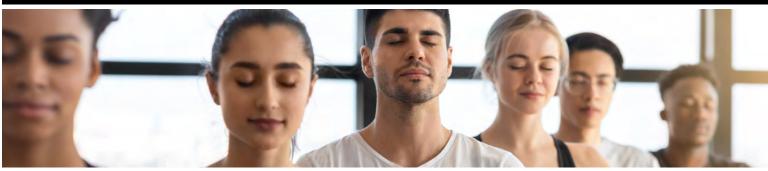
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^{**} Bradford Beach





LOCATION CLASS SECTION MEETS START END Meditation in the 21st Century - 2 credits SPT&REC 298 61904 291 No pattern Online 05-28-24 07-06-24

Mind Body Awareness - 2 credits **SPT&REC 298**

61557 293 No pattern Online 05-28-24 07-06-24

Intro to Relaxation & Meditation SPT&REC 298

61615 298 No pattern Online 06-24-24 08-03-24

Be Kind to Your Mind **SPT&REC 298**

62690 296 06-24-24 08-03-24 No pattern Online

Rewire your anxious Mind for Peace - 2 credits **SPT&REC 298**

61905 295 Online 06-24-24 08-17-24 No pattern







What kinds of courses are available?

Sport and Recreation offers more than 60 different 1- and 2-credit activity courses with in-person, online, and hybrid options. Gain experience and build skills in physical activities, sports, recreation and wellness. Check out the possibilities!

Which courses are offered this semester?

Get the most up-to-date information (day, time, location and instructor) in the <u>Schedule of Classes (SOC)</u>. Select the semester, select "SPT&REC-Sport & Recreation" under Any Subject.

How do I register for a course?

Register in PAWS or Stellic. Select "Sport & Recreation" under the Subject. Type the class title under keywords. Watch this video for help with how to "Add a Class in PAWS."

Can I get a copy of a previously used syllabus?

Yes. Email chsout@uwm.edu if you would like a copy of a previously used syllabus.

Will I be challenged in these courses?

Many courses are offered at various levels, all instructors personalize the class so that experienced students are challenged while allowing beginners to grow at the pace that is best for them.

Can I take courses at no extra cost?

Usually, can add a full or half semester class at no additional tuition cost* (if total credits are 12-18).

Do these credits count toward my GPA?

Sport and Recreation courses count toward undergraduate general elective credits and GPA.

Can I take courses out of order (i.e., Yoga II before

Yoga I)? Some courses have prerequisites, but most courses don't. Take them in the order that best fits your schedule and is based on your experience. If you are unsure which level to take, please contact an instructor to determine the best fit.

Are there extra fees for supplies and equipment?

Some Sport and Recreation courses charge a special fee to cover the cost of specialized equipment, uniforms, etc. View additional special fees in PAWS or the Schedule of Classes or visit Registrar's Office Course Fees.

Can Associate-level students take Sport & Rec courses?

Associate-level (2-year degree) students interested in taking a Sport and Recreation course need approval from their associate advisor and the course instructor. Tuition is assessed at the undergraduate level. For more information go to One Stop Enrollment & Financial Services Website and/or talk to your Advisor.

Can Graduate students take Sport & Rec courses?

Yes, but receive undergraduate credit only. Graduate-level tuition rates apply if enrolled for credit. Reach out to the <u>Graduate School</u> or your Advisor. Check with <u>Student Financial Services Office</u>.

Can I audit a Sport & Rec course?

Instructor permission not required unless the student is a 60+/disabled auditor. More Auditing Guidelines

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