

Summer 2024

# SPORT & REC COURSES

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



ACTIVE | CREATIVE | STRATEGIC | MINDFUL | OUTDOOR | COMPETITIVE

Sign-up before  
5/3

[uwm.edu/sptrec](http://uwm.edu/sptrec)

REGISTER: [paws.uwm.edu](http://paws.uwm.edu)

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

QUESTIONS?

ph: 414-227-3123  
[chsout@uwm.edu](mailto:chsout@uwm.edu)

UNIVERSITY of WISCONSIN  
**UWMILWAUKEE**

Joseph J. Zilber  
College of Public Health



## Sport and Recreation Program

Our courses promote individual health and well-being through experiential engagement and skill-building 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 – JULY 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
<a href="#">How to Register</a>	2
<b><a href="#">COURSE LIST</a></b>	3
<a href="#">Courses</a>	4-6
<a href="#">Frequently Asked Questions</a>	7

## LOCATIONS

### [Bradford Beach](#)

2400 N. Lincoln Memorial Drive

### [Milwaukee Yacht Club, Jr. Clubhouse](#)

1700 N. Lincoln Memorial Drive



# SPORT & RECREATION



**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/uwmclassearch>



**SAVE YOUR SEAT**



**REGISTER: [paws.uwm.edu](https://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.**





# SPORT & RECREATION

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



CLASS	SECTION	MEETS	LOCATION	START	END
<b>SPT&amp;REC 110 Physical Conditioning</b>					
61787	201	No pattern	Online	05-28-24	07-06-24
<b>SPT&amp;REC 161 Bowling I</b>					
61229	201	No meeting pattern	Online	05-28-24	06-22-24
<b>SPT&amp;REC 295 Running for Fun and Fitness</b>					
62103	292	No pattern	Online	06-10-24	07-20-24
<b>SPT&amp;REC 112 Yoga I</b>					
61903	202	No meeting pattern	Online	06-10-24	07-20-24





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

**Location:**

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

\*\* Bradford Beach

**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.





CLASS	SECTION	MEETS	LOCATION	START	END
<b>SPT&amp;REC 298 Meditation in the 21<sup>st</sup> Century – 2 credits</b>					
61904	291	No pattern	Online	05-28-24	07-06-24
<b>SPT&amp;REC 298 Mind Body Awareness – 2 credits</b>					
61557	293	No pattern	Online	05-28-24	07-06-24
<b>SPT&amp;REC 298 Intro to Relaxation &amp; Meditation</b>					
61615	298	No pattern	Online	06-24-24	08-03-24
<b>SPT&amp;REC 298 Be Kind to Your Mind</b>					
62690	296	No pattern	Online	06-24-24	08-03-24
<b>SPT&amp;REC 298 Rewire your anxious Mind for Peace – 2 credits</b>					
61905	295	No pattern	Online	06-24-24	08-17-24



## FREQUENTLY ASKED QUESTIONS

***We're here to help!***

Contact us if you have questions or need assistance.

Call: 414-227-3123

Email: [chsout@uwm.edu](mailto:chsout@uwm.edu)

### **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 [Schedule of Classes \(SOC\)](#). 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](mailto: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 [Graduate School](#) or your Advisor. Check with [Student Financial Services Office](#).

### **Can I audit a Sport & Rec course?**

Instructor permission not required unless the student is a 60+/-disabled auditor. [More Auditing Guidelines](#)