

## Leisure and Recreational Activities, General

- EL 100: Wilderness Living Techniques
- EL 103: Ropes Courses and Climbing Basics
- EL 105: Self Defense Activities
- EL 111: Cycling
- EL 117: Volleyball
- EL 118: Beginning Fencing
- EL 119: Archery
- EL 120: Intro to Lifetime Leisure Activities
- EL 124: Racquetball
- EL 129: Body Contouring and Conditioning
- EL 132: Canoeing
- EL 133: Backpacking
- EL 134: Kayaking
- EL 137: Bowling
- EL 139: Golf
- EL 142: Open Water Scuba Diving
- EL 147: Tennis
- EL 151: Weight Lifting
- EL 153: Sports Conditioning
- EL 154: Coaching Soccer
- EL 156: Jogging
- EL 158: Low Impact Aerobics
- EL 159: High Impact Aerobics
- EL 169: Aqua Exercise
- EL 170: Beginning Swimming
- <u>EL 171: Intermediate Swimming</u>
- EL 172: Advanced Swimming
- EL 173: Lifeguarding
- EL 174: Water Safety Instructor
- EL 175: Lifeguarding Instructor
- EL 200: Teaching Techniques for Land-Based Adven
- EL 217: Advanced Volleyball
- EL 218: Advanced Fencing
- EL 219: Advanced Archery
- EL 224: Advanced Racquetball
- EL 229: Advanced Body Contouring & Conditioning
- EL 231: Teaching Techniques for Small Craft
- EL 233: Sports Officiating I
- EL 234: Sports Officiating II
- EL 237: Advanced Bowling
- EL 239: Advanced Golf
- EL 242: Advanced Open Water Scuba Diving
- EL 247: Advanced Tennis
- EL 251: Advanced Weight Lifting
- EL 253: Advanced Sports Conditioning
- EL 255: Coaching Tennis
- EL 269: Advanced Aqua Exercise
- EL 342: Master Diver
- EL 352: Coaching Football
- EL 353: Advanced Sports Conditioning
- EL 354: Coaching Basketball
- EL 355: Coaching Baseball-Softball
- EL 357: Coaching Volleyball
- EL 359: Coaching Track and Field
- EL 442: Dive Supervisor
- EL 453: Advanced Sports Conditioning

