

FITNESS, WELLNESS AND SPORT (FITWELL)

Fitness, Wellness and Sport Courses

FITWELL 110 Physical Conditioning

1 cr. Undergraduate.

Theory & practice of physical conditioning.

Prerequisites: none.

Course Rules: Previously SPT&REC 110.

Last Taught: Fall 2025, Summer 2025, Spring 2025, Fall 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 112 Yoga I

1 cr. Undergraduate.

Theory and practice of yoga.

Prerequisites: none.

Course Rules: Previously SPT&REC 112. Not open to credit for students who have credit in FITWELL 113. It is highly recommended that students bring a mat and a blanket or towel for their comfort. These items are not provided by the department.

Last Taught: Fall 2025, Summer 2025, Spring 2025, Fall 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 113 Yoga II

1 cr. Undergraduate.

Theory and practice of yoga II.

Prerequisites: none.

Course Rules: Previously SPT&REC 113. It is highly recommended that students bring a mat and a blanket or towel for their comfort. These items are not provided by the department.

Last Taught: Fall 2025, Spring 2025, Fall 2024, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 114 Weight Training I

1 cr. Undergraduate.

Theory and practice of weight training.

Prerequisites: none.

Course Rules: Previously SPT&REC 114. Not open to credit for students who have credit in FITWELL 115.

Last Taught: Fall 2025, Spring 2025, Fall 2024, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 115 Weight Training II

1 cr. Undergraduate.

Theory and practice of weight training II.

Prerequisites: none.

Course Rules: Previously SPT&REC 115.

Last Taught: Fall 2025, Spring 2023, Spring 2021, Spring 2020.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 120 Swim I

1 cr. Undergraduate.

Theory and practice of swim I.

Prerequisites: none.

Course Rules: Previously SPT&REC 120.

Last Taught: Fall 2025, Spring 2025, Fall 2024, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 121 Swim II

1 cr. Undergraduate.

Theory and practice of swim II.

Prerequisites: FITWELL 120(P) or swim one length of pool (25 yards) any stroke.

Course Rules: Previously SPT&REC 121.

Last Taught: Spring 2025, Fall 2024, Spring 2024, Fall 2023.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 126 Beginning Scuba

1 cr. Undergraduate.

Introduction to scuba diving through academic and confined water training. Learn basic skills such as mask and regulator clearing, emergency air management, and dive planning. This course follows the PADI Open Water Diver curriculum.

Prerequisites: none.

Course Rules: Previously SPT&REC 126.

Last Taught: Fall 2025, Spring 2025, Fall 2024, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 130 Ballroom Dance I

1 cr. Undergraduate.

Theory and practice of ballroom dancing.

Prerequisites: none.

Course Rules: Previously SPT&REC 130.

Last Taught: Fall 2025, Spring 2025, Fall 2024, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 161 Bowling I

1 cr. Undergraduate.

Theory and practice of bowling.

Prerequisites: none.

Course Rules: Previously SPT&REC 161. Not open to credit for students who have credit in FITWELL 162.

Last Taught: Fall 2025, Summer 2025, Spring 2025, Fall 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 162 Bowling II

1 cr. Undergraduate.

Theory and practice of bowling.

Prerequisites: none.

Course Rules: Previously SPT&REC 162.

Last Taught: Fall 2025, Spring 2025, Fall 2024, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 166 Golf

1 cr. Undergraduate.

Theory and practice of golf.

Prerequisites: none.

Course Rules: Previously SPT&REC 166.

Last Taught: Fall 2025, Spring 2025, Spring 2024, Fall 2023.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 172 Tae Kwon-Do

1 cr. Undergraduate.

Theory and practice of tae kwon-do.

Prerequisites: none.

Course Rules: Previously SPT&REC 172. Not open to credit for students who have credit in FITWELL 173.

Last Taught: Spring 2020, Fall 2019, Fall 2018, Spring 2018.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 173 Tae Kwon-Do II

1 cr. Undergraduate.
Theory and practice of tae kwon-do.
Prerequisites: none.
Course Rules: Previously SPT&REC 173.
Last Taught: Spring 2020, Fall 2019, Fall 2018, Spring 2018.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 174 Self-Defense

1 cr. Undergraduate.
Theory and practice of self-defense.
Prerequisites: none.
Course Rules: Previously SPT&REC 174.
Last Taught: Fall 2025, Spring 2025, Fall 2024, Spring 2024.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 176 Basketball

1 cr. Undergraduate.
Theory and practice of basketball.
Prerequisites: none.
Course Rules: Previously SPT&REC 176.
Last Taught: Fall 2025, Spring 2025, Fall 2024, Spring 2024.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 179 Handball

1 cr. Undergraduate.
Theory and practice of handball.
Prerequisites: none.
Course Rules: Previously SPT&REC 179.
Last Taught: Fall 2025, Spring 2025, Fall 2024, Fall 2023.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 180 Racquetball I

1 cr. Undergraduate.
Theory and practice of racquetball.
Prerequisites: none.
Course Rules: Previously SPT&REC 180. Not open to credit for students who have credit in FITWELL 181.
Last Taught: Fall 2025, Spring 2025, Fall 2024, Fall 2023.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 181 Racquetball II

1 cr. Undergraduate.
Theory and practice of racquetball.
Prerequisites: none.
Course Rules: Previously SPT&REC 181.
Last Taught: Spring 2017, Spring 2016, Fall 2015, Spring 2015.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 182 Tennis I

1 cr. Undergraduate.
Theory and practice of tennis.
Prerequisites: none.
Course Rules: Previously SPT&REC 182. Not open to credit for students who have credit in FITWELL 183.
Last Taught: Spring 2022, Fall 2021, Summer 2021, Spring 2021.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 183 Tennis II

1 cr. Undergraduate.
Theory and practice of tennis.
Prerequisites: none.
Course Rules: Previously SPT&REC 183.
Last Taught: Spring 2013, Spring 2012, Spring 2011, Spring 2010.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 185 Karate I

1 cr. Undergraduate.
Theory and practice of karate.
Prerequisites: none.
Course Rules: Previously SPT&REC 185. Not open to credit for students who have credit in FITWELL 186 and 187.
Last Taught: Fall 2021, Spring 2020, Spring 2019, Spring 2018.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 186 Karate II

1 cr. Undergraduate.
Theory and practice of karate.
Prerequisites: none.
Course Rules: Previously SPT&REC 186. Not open to credit for students who have credit in FITWELL 187.
Last Taught: Spring 2020, Spring 2018, Fall 2017, Spring 2017.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 187 Karate III

1 cr. Undergraduate.
Theory and practice of karate.
Prerequisites: none.
Course Rules: Previously SPT&REC 187.
Last Taught: Spring 2020, Spring 2018, Fall 2017, Spring 2017.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 188 Indoor Soccer I

1 cr. Undergraduate.
Introduction to the sport of soccer; a better understanding of fundamental skills, game strategies, and foster a heightened passion for the sport.
Prerequisites: none.
Course Rules: Counts as a repeat of SPT&REC 295 with similar topic.
Last Taught: Fall 2025, Spring 2025.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 191 Volleyball

1 cr. Undergraduate.
Theory and practice of volleyball.
Prerequisites: none.
Course Rules: Previously SPT&REC 191. Not open to credit for students who have credit in FITWELL 192.
Last Taught: Fall 2025, Spring 2025, Fall 2024, Fall 2023.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 192 Volleyball II

1 cr. Undergraduate.
Theory and practice of volleyball.
Prerequisites: none.
Course Rules: Previously SPT&REC 192.
Last Taught: Fall 2023, Fall 2021, Spring 2020, Fall 2019.
Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 202 Scuba Topics:

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in scuba activities.

Prerequisites: none, except as required for specific topic.

Course Rules: Counts as repeat of FITWELL 289 with same topic. May be retaken with change in topic. Credits for specific topics announced in Schedule of Classes.

Last Taught: Fall 2025, Spring 2025.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 289 Recreation Activities:

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in recreation and leisure activities. Credits for specific topics announced in Schedule of Classes.

Prerequisites: none, except as required for specific topic.

Course Rules: Previously SPT&REC 289. May be retaken with change in topic.

Last Taught: Fall 2025, Spring 2025, Fall 2024, Summer 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 290 Ad Hoc Course in Sport and Recreation:

1-3 cr. Undergraduate.

Topics of current interest in health, leisure, and recreation. May be retaken w/chg in topic. Special course fees may be required depending on course. Prereq: specified in semester Schedule whenever required for a topic

Last Taught: Spring 2023, Spring 2016, Fall 2015, Spring 2015.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 291 Arts and Crafts:

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in the area of arts and crafts. Credits for specific topics announced in Schedule of Classes.

Prerequisites: none, except as required for specific topic.

Course Rules: Previously SPT&REC 291. May be retaken with change in topic.

Last Taught: Fall 2025, Spring 2025, Fall 2024, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 292 Social and Creative Dance:

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in the area of Social and Creative Dance. Credits for specific topics announced in Schedule of Classes.

Prerequisites: none, except as required for specific topic.

Course Rules: Previously SPT&REC 292. May be retaken with change in topic.

Last Taught: Fall 2025, Spring 2025, Fall 2024, Fall 2023.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 293 Martial Arts:

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in martial arts. Credits for specific topics announced in Schedule of Classes.

Prerequisites: none, except as required for specific topic.

Course Rules: Previously SPT&REC 293. May be retaken with change in topic.

Last Taught: Fall 2025, Spring 2025, Fall 2024, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 294 Adventure and Outdoor Activities:

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in the areas of adventure and outdoor activities. Credits for specific topics announced in Schedule of Classes.

Prerequisites: none, except as required for specific topic.

Course Rules: Previously SPT&REC 294. May be retaken with change in topic.

Last Taught: Fall 2025, Spring 2025, Fall 2024, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 295 Organized Sport:

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in the area of sport.

Prerequisites: none, except as required for specific topic.

Course Rules: Previously SPT&REC 295. Credits for specific topics announced in Schedule of Classes. May be retaken with change in topic.

Last Taught: Fall 2025, Summer 2025, Spring 2025, Fall 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 296 Exercise and Fitness Activities:

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in the area of Exercise and Fitness.

Prerequisites: none, except as required for specific topic.

Course Rules: Previously SPT&REC 296. May be retaken with change in topic. Credits for specific topics announced in Schedule of Classes.

Last Taught: Fall 2025, Spring 2025, Fall 2024, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

FITWELL 298 Mindfulness and Wellness:

1-2 cr. Undergraduate.

Topics of current interest focusing on life-long participation and skill development in the areas of mindfulness and wellness.

Prerequisites: none, except as required for specific topic.

Course Rules: Previously SPT&REC 298. May be retaken with change in topic. Credits for specific topics announced in Schedule of Classes.

Last Taught: UWinteriM 2026, Fall 2025, Summer 2025, Spring 2025.

Current Offerings: <https://catalog.uwm.edu/course-search/>