

Athletics

Division of Athletics

Recreation and Intramural Services
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Overview

**Not a baccalaureate degree program*

Recreational and Intramural Services offers a variety of sports classes that can be taken for academic credit. At present, approximately fifty physical education class sections are offered each semester in such areas as fitness and conditioning, racquetball, tennis, and Hatha yoga. In addition, classes leading to certification as a lifeguard, water safety instructor, or high school coach may be taken for academic credit, as may wellness classes. The registration procedure for physical education classes that carry an ATH prefix is not different from that for any other academic course.

No more than 8 credits of Athletic activity coursework can count toward the credits required for graduation with a bachelor's degree.

ATH 106: Volleyball

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Develops basic skills in volleyball: correct methods of passing, setting, spiking, and serving; rules, scoring, and team play.

ATH 110: Jogging & Conditioning

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Various modalities for achieving and maintaining a conditioning program; conditioning exercises; jogging.

ATH 111: Beginning Tennis

Credits: 1
Semester(s): Fall, Spring, Summer
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Strictly for beginners. Basic skills necessary for participation in game of tennis.

ATH 112: Intermediate Tennis

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Develops intermediate skills to perform at an intermediate level of play. Competitive experiences.

ATH 113: Beginning Golf

Credits: 1
Semester(s): Fall, Spring, Summer
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Fundamentals of grip, stance, and swing; develops basic understanding of the game.

ATH 114: Intermediate Volleyball

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Develops control of basic skills, position specialization, and rules interpretations, and develops team skills.

Athletics

ATH 116: Fitness and Conditioning

Credits: 1
Semester(s): Fall, Spring, Summer
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Various modalities for achieving and maintaining personal fitness: weight training, circuit training; cardiovascular development; diet and nutrition.

ATH 119: Introduction to Swimming

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

For the nonswimmer; basic skills of swimming and the rudiments of safety in and about the water. (ARC certification available.)

ATH 121: Intermediate Swimming

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Elements of good swimming; whole stroke; increased endurance; versatility. (ARC certification available.)

ATH 122: Lifeguard Training

Credits: 2
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Lifeguard training teaches the student/candidate to prevent, prepare for and respond to emergencies in aquatic settings. Students also learn CPR and AED skills. Strong swimming skills are a must. Fee of \$70.00

ATH 125: Water Safety Instructor

Credits: 3
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

For swimmers who are Level 5 or better. Gives students knowledge, skills and practical experience in preparation for teaching swimming and water safety classes to children and adults from diverse populations. Fee of \$70.00.

ATH 133: Elementary Martial Arts and Self Defense

Credits: 2
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Basic skills involved in the sport of martial arts and self defense situations.

ATH 136: Self Defense for Women

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Enhances the options of self-defense for women by providing information and tactics for various types of abductive encounters perpetrated against women. For women only. RAD certified.

ATH 139: Basketball

Credits: 1
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Fundamentals of basketball: basic skills, rules and scoring, class competition.

ATH 143: Beginning Racquetball

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Every phase of the game: singles, cutthroat; develops skills and physical fitness level.

ATH 145: Beginning in Line Skating

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Develops skills for skating, gliding, balance, forward and backward skating, stopping, pivots, and crossovers.

ATH 146: Intermediate in Line Skating

Credits: 1
Semester(s): Fall, Spring

Athletics

Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Reviews basic skills and safety components of in-line skating. Improves performance of basic skills to an increased proficiency level.

ATH 150: Social Dance 1

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Basic dance patterns and variations of modern ballroom dancing. Students acquire skill in leading, following, and dancing comfortably and smoothly.

ATH 151: Folk and Square Dancing

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Basic steps: slides, polkas, waltzes, schottisches, grapevines, and hops used in dances of many different ethnic groups.

ATH 153: Social Dance 2

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Basic dance patterns and variations of modern ballroom dancing. Students acquire skill in leading, following, and dancing comfortably and smoothly.

ATH 155: Hatha Yoga 1

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Basic Hatha Yoga postures (asanas), breathing exercises (pranayama), and relaxation techniques.

ATH 156: Hatha Yoga 2

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

For students who have already acquired the basic skills of Hatha Yoga; more advanced postures (asanas), breathing exercises (pranayama), and relaxation techniques.

ATH 157: Hatha Yoga 3

Credits: 1
Pre-requisites: [ATH 155](#) Or [ATH 156](#)
Type: LEC

Advanced Hatha Yoga class that includes challenging postures, longer holding times, pranayama (breathing) practices, and relaxation for deeper self awareness

ATH 160: Tai Chi 1

Credits: 1
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

This course is an introduction to QigongTaiji. Rooted in Traditional Chinese Medicine, these art forms utilize various movement exercises/forms or non-movements to enhance well being: physically, emotionally and spiritually. Origins and techniques will be discussed and practiced.

ATH 165: Beginning Badminton

Credits: 1
Semester(s): Fall, Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Fundamentals of badminton: basic skills, rules and scoring, singles and doubles play, class competition.

ATH 166: Intermediate Badminton

Credits: 1
Semester(s): Spring
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Advanced techniques of play and skills. Emphasizes strategy and play.

ATH 168: Backpacking 1

Credits: 1
Semester(s): Fall
Type: LEC

Class fee

Athletics

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Introductory course; develops skills of beginning backpacking and hiking. Focuses on team-building skills and group dynamics. Includes required weekend backpacking trip.

ATH 170: Canoeing

Credits: 1
Semester(s): Summer
Type: LEC

Class fee

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Basic skills instruction for flat-water and moving-water canoeing. Includes instruction on safety maneuvers, rescue, and trip planning. Focuses on team-building skills and group dynamics. Final includes all-day and/or weekend trip.

ATH 171: Soccer

Credits: 1
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Fundamentals of soccer: basic skills, rules and scoring, class competition.

ATH 173: Aerobic Dance

Credits: 1
Semester(s): Summer
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Aerobic activities and exercises that emphasize flexibility, coordination, and cardiovascular endurance.

ATH 175: Swimming Fitness

Credits: 1
Type: LEC

The content of this course is variable and therefore it is repeatable for credit. The [University Grade Repeat Policy](#) does not apply.

Designed to increase physical wellness through cardiovascular activities both in and out of the pool.

ATH 190: Introduction to Wellness

Credits: 3
Semester(s): Fall, Spring
Type: LEC/LAB

Introduces the importance and holistic natures of the six dimensions

of personal wellness and fitness. The opportunity for students to assess their current wellness and health status will be offered during lab.

ATH 201: Organization and Administration of Recreational Sports

Credits: 3
Type: LEC

The study of skills in programming and administration necessary for the development and organization of programs in recreational sports: instructional sports, intramural sports, extramural sports, informal sports, adventure pursuits, fitness, sport clubs, aquatics and facilities.

ATH 220: Principles of Athletic Training

Credits: 2
Type: LEC/LAB

Practical application of specialized athletic training techniques; basic life support; injury recognition, fundamentals of adhesive taping, strapping, and bracing applications.

ATH 221: First Aid and Personal Safety

Credits: 3
Semester(s): Fall
Type: LEC

[ATH 221](#), [ATH 222](#), [ATH 230](#), and [ATH 299](#), when all taken, lead to coaching certification for nonphysical education majors in New York public schools. *Class fee.*

Theory and practice of first aid for the injured. Students will receive national certification in first aid, CPR, and AED use upon completion of the class.

ATH 222: Care and Prevention of Athletic Injuries

Credits: 3
Type: LEC

[ATH 221](#), [ATH 222](#), [ATH 230](#), and [ATH 299](#), when all taken, lead to coaching certification for nonphysical education majors in New York public schools.

Casual and preventive factors influencing sports injuries; appropriate first-aid emergency care; injuries and their managements on a regional basis.

ATH 230: Theories and Techniques of Coaching

Credits: 3
Semester(s): Spring
Type: LEC

[ATH 221](#), [ATH 222](#), [ATH 230](#), and [ATH 299](#), when all taken, lead to coaching certification for nonphysical education majors in New York public schools.

Develops an understanding of the technical and personnel problems that confront the coach of an athletic team.

Athletics

ATH 299: Philosophy, Principles, and Organization of Athletics

Credits: 3

Semester(s): Spring

Type: LEC

[ATH 221](#), [ATH 222](#), [ATH 230](#), and [ATH 299](#), when all taken, lead to coaching certification for nonphysical education majors in New York public schools.

Organization of basic athletic programs. Includes discussions of national, state league, and local regulations and policies governing operation of public school athletic programs. Also includes philosophy and principles of administering an athletic program.

ATH 496: Coaching Internship

Credits: 1-12

Semester(s): Spring

Type: TUT

For fulfillment of coaching sequence.

ATH 499: Independent Study

Credits: 1-12

Semester(s): Fall, Spring

Type: TUT