LIFETIME ACTIVITY PROGRAM (LAP)

Course numbers with the # symbol included (e.g. #400) have not been taught in the last 3 years.

LAP 501 - Lifetime Activity Program: Special Topics
Credits: 2
The UNH Lifetime Activity Program UNH activity courses are designed to enhance the experience of UNH students of all abilities and contribute to the overall health and well-being of the UNH student population. Participate in a fun sport that combines elements of tennis, badminton, and ping-pong. Lifetime Activity courses provide a fun, low risk, way to learn new activities and skills that will stick with you for a lifetime. The same topic may be repeated once.
Repeat Rule: May be repeated up to unlimited times.
Grade Mode: Letter Grading
Special Fee: Yes

LAP 502 - Lifetime Activity Program: Pickleball
Credits: 2
Participate in a fun sport that combines elements of tennis, badminton, and ping-pong. Lifetime Activity courses provide a fun, low risk, way to learn new activities and skills that will stick with you for a lifetime.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading

LAP 503 - Lifetime Activity Program: Ultimate Frisbee
Credits: 2
Learn to play ultimate frisbee, a "Player defined and controlled non-contact team sport played with a flying disc on a playing surface with end zones in which all actions are governed by the "Spirit of the Game." Lifetime Activity courses provide a fun, low risk, way to learn new activities and skills that will stick with you for a lifetime.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading

LAP 504 - Lifetime Activity Program: Strength Training
Credits: 2
Improve your fitness and learn how to safely strengthen the whole body. Lifetime Activity courses provide a fun, low risk, way to learn new activities and skills that will stick with you for a lifetime.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading

LAP 505 - Lifetime Activity Program: Intro to Running
Credits: 2
Learn the basics of how to run for fitness and overall wellbeing. This course will cover everything from how to choose the right running shoe to preparing for a 5k running race and beyond. Class time will be spent running outdoors. Lifetime Activity courses provide a fun, low risk, way to learn new activities and skills that will stick with you for a lifetime.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading

LAP 506 - Lifetime Activity Program: Fly Fishing
Credits: 2
This course is a basic introduction to fly fishing. It is a hands-on, educational fishing experience, with instruction and feedback from an experienced instructor. For the angler who really wants to learn how to fly fish on their own, this class is a tremendous value! You do not need any of your own equipment or experience. The course fee covers equipment rental and travel.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading
Special Fee: Yes

LAP 507 - Lifetime Activity Program: Yoga and Meditation
Credits: 2
This course introduces the lifelong skills of yoga and meditation. Learn how to practice different variations of yoga and meditation. You will gain skills in relaxation and mindful movement. Lifetime Activity courses provide a fun, low risk, way to learn new activities and skills that will stick with you for a lifetime.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading

LAP 508 - Lifetime Activity Program: Vinyasa Flow Yoga
Credits: 2
Are you looking to move and breath in a mindful practice? This yoga class emphasizes movement between yoga poses, guided by your breath. Expect to learn the fundamental skills of vinyasa flow yoga, a practice that will serve you throughout your lifetime. No previous yoga experience necessary.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading

LAP 509 - Lifetime Activity Program: Standup Paddleboarding
Credits: 2
This course will teach students stand up paddle boarding skills, emphasizing paddle techniques, core strength, and more. No experience required. If you already know the basics, you'll walk away with new skills and techniques. Take time in your busy schedule to play outside and learn how to strengthen your whole body through paddling. The special fee covers equipment rental.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading
Special Fee: Yes

LAP 510 - Lifetime Activity Program: Indoor Rock Climbing
Credits: 2
Explore new heights! This course provides students with an introduction to rock climbing in an indoor setting. Students will learn the basics of rock climbing while gaining strength and confidence. This course can also provide a foundation for students who want to eventually learn to climb outdoors. No experience required. If you already know the basics, you'll walk away with new skills and techniques.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading

LAP 511 - Lifetime Activity Program: Disc Golf
Credits: 2
Disc golf is a flying disc sport in which players throw a disc at a target; it is played using rules similar to golf. Unlike golf, this game uses natural landscapes as courses. This course will help students develop the fundamental skills to play disc golf. Activity courses provide a fun, low risk, way to learn new activities and skills that will stick with you for a lifetime.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading

LAP 512 - Lifetime Activity Program: Volleyball
Credits: 2
This course is designed to help students develop basic skills and knowledge in the game of volleyball. No experience required! Students will learn fundamental skills and rules of the game. Activity courses provide a fun, low risk, way to learn new activities and skills that will stick with you for a lifetime.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading

LAP 514 - Lifetime Activity Program: Wilderness First Aid (WFA)
Credits: 2
WFA is the perfect course for the outdoor enthusiast or trip leader who wants a basic level of first aid training. The course is taught by UNH faculty working with SOLO Wilderness Medicine. Certifications are provided by SOLO and are valid for two years. This course is approved to recertify SOLO Wilderness First Responders.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading
Special Fee: Yes

LAP 515 - Lifetime Activity Program: Lacrosse
Credits: 2
Learn and develop basic skills of North America's indigenous sport. Play no contact games including Speed Lacrosse and Sixes. No equipment or previous experience required. Lifetime Activity courses provide a fun, low risk, way to learn new activities and skills that will stick with you for a lifetime.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading

LAP 516 - Lifetime Activity Program: Cycling
Credits: 2
Learn the basics of cycling for fitness and overall wellbeing. Class time will be spent cycling outdoors. Students of all cycling abilities are welcome. Students should plan to bring their own equipment (bike and helmet), though bikes may be available for students who need them. Contact the instructor prior to registration if you need equipment.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading

LAP 517 - Lifetime Activity Program: Personal Training
Credits: 2
This course provides students with foundational understanding and knowledge of human movement science, functional assessment, and program design as it applies to the field of personal training. The course follows the National Academy of Sports Medicine (NASM) personal trainer curriculum.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading

LAP 518 - Lifetime Activity Program: Ice Climbing
Credits: 2
This course introduces students to the fundamentals of ice climbing. No previous experience is required. All specialized equipment and transportation are covered by the course fee.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading
Special Fee: Yes

LAP 519 - Lifetime Activity Program: Winter Hiking and Snowshoeing
Credits: 2
Learn how to enjoy the outdoors during the winter through hiking and snowshoeing. Class time will be spent outdoors learning how to stay warm, and increase physical fitness while hiking or snowshoeing in the beautiful New Hampshire snow.
Repeat Rule: May be repeated up to 1 time.
Grade Mode: Letter Grading