

STUDENT RECREATION AND LEADERSHIP

College of Health and Human Services

Department of Kinesiology

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Faculty:

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Valerie Bordeaux, Director, University Outreach and School Relations

Introduction

The Kinesiology Department and the Division of Student Services oversee a broad range of educational and student support service programs to assist students in achieving their academic goals and enhancing their personal, intellectual and social development. The division provides oversight and direction for more than 35 university programs and service areas that support students outside the classroom.

Through cooperation between the Department of Kinesiology, Associated Students, Inc. and the Division of Student Services, Student Recreation and Leadership courses are offered to students participating in intramural sports competition, club sports and student leadership.

Open to all students, the intramural program affords students the opportunity to play in 20 different activities. To receive credit for this program, students may enroll in SRL 200. To receive credit for this course, students must play one league activity and assist in supervising a league.

Intramural team activities are scheduled at varied times. League competition is available in 16 of the activities for men, women and co-educational participation. Students enrolled in the class must contact the Intramural Office to sign up for their activities. Upon completion of each activity, the student must notify the Intramural Department located in the Student Recreation and Wellness Center.

Students may participate in any of the club sports activities which are partially funded by the Associated Students, Inc., and administered through the Club Sports and Recreation Office.

Sports are:

Aikido	alpine ski-snowboard
archery	baseball
bowling	breakdancing
bellydancing	capoeira
cheer	crew
cricket	cycling
fishing	gymnastics
ice hockey	jiu jitsu
Kung Fu	lacrosse
paintball	rollerhockey
rugby	running
sailing	salsa
Shotokan Karate	soccer
surfing	Sword Club

tennis

ultimate Frisbee

water ski/wakeboard

wrestling

triathlon

volleyball

wheelchair sports

Students registering for SRL 210 must attend regular practices and competitions, assist the club with fund raisers and adhere to club rules and regulations. For information on practice times and meeting locations, contact the individual club coach or president. Visit the Club Sports and Recreation website (www.csulb.edu/recsports) or visit the Recreational Sports Office (KIN Building, Rm 20A). In addition to participation in club sport activities, students may receive credit for leadership training and service performed with some university-sponsored programs by registering in SRL 210L.

Students may apply no more than four (4) semester units of lower-division SRL courses toward the baccalaureate degree within the 20-unit maximum on activity units.

The California State University is committed to providing equal opportunities to men and women in all campus programs, including intercollegiate athletics. For a listing of Intercollegiate Athletic teams, visit longbeachstate.com.

Courses (SRL)

200. Intramural Activities (1)

Repeatable credits include previous credits from SAR 200.

210 A-W. Sport Clubs/Leadership (1)

Prerequisite: Participation/competition in sport clubs/leadership. Enrollment subject to consent of instructor or Director of Club Sports and Recreation.

Athletes enrolled who fail to qualify for squad must withdraw from the course. It is the student's responsibility to contact teams regarding practice times and eligibility requirements.

May be repeated to a maximum of 4 units, including previously earned credits from SAR 210. Credit/No Credit grading only.

- A. Archery
- B. Crew
- D. Ice Hockey
- E. Martial Arts
- F. Rugby
- G. Sailing
- H. Ski and Snowboard
- I. Soccer
- J. Water Ski
- L. Leadership
- N. Lacrosse
- O. Wakeboard and Waterski
- P. Paintball
- Q. Racquetball
- R. Roller Hockey
- S. Cultural Dances
- T. Ultimate Frisbee
- U. Volleyball
- V. Running
- W. Bowling