ACT - Activities: General

ACT 104. Beginning Bowling. 1 Credit. (1 Lab; 3 cr max) F,S
Bowling fundamentals will be stressed along with bowling etiquette and equipment. Fee required.

ACT 109. Beginning Racquetball. 1 Credit. (1 Lab; 3 cr max) F,S
This class is designed for beginning to intermediate skill levels. Students will develop the skills, rules and terminology necessary to play recreational racquetball and to appreciate this lifetime sport. Students will also learn singles, doubles, 3 player and a variety of serves and shots.

ACT 110. Beginning Weight Training. 1 Credit. (1 Lab; 5 cr max) F,S
Learn proper weight lifting techniques, how to create a personalized weight training program, and the basics of anatomy/physiology as they relate to weight lifting.

ACT 115. Soccer. 1 Credit. (1 Lab) F
Learn rules and regulations of soccer, basic skills of dribbling, passing, shooting, and play small-sided and full II versus II games.

ACT 116. Wallyball. 1 Credit. (1 Lab) F
Introduces wallyball skills, techniques, strategies, rules and scoring.

ACT 122. Skiing, Snowboarding, and Telemarking. 1 Credit. (1 Lab; 3 cr max) S
Instruction at all levels of skill from beginner to advanced. Fee required. Transportation, tickets, and equipment not included.

ACT 129. Circuit Training. 1 Credit. (1 Lab; 3 cr max) S
Learn different modes of fitness utilizing a timed sequence of exercises. This includes instruction on weight training and aerobic training. Students will gain knowledge on how to improve muscular strength, body composition, and cardiovascular endurance.

ACT 140. Beginning Basketball. 1 Credit. (1 Lab; 3 cr max) F,S
PREREQUISITE: ACT 140 or played a minimum of 3 years High School basketball.
In this beginning course, one will learn the rules, skills, different types of recreational play/games, strategy, and coaching principles of basketball.

ACT 150. Beginning Yoga. 1 Credit. (1 Lab; 3 cr max) F,S,Su
This class is designed for the beginning yoga student. Students will learn to demonstrate basic knowledge of yoga postures and philosophy, identify basic anatomy and principles of alignment and identify the values of mind-body fitness toward a healthy lifestyle. Pass/Fail.

ACT 151. Beginning Billiards. 1 Credit. (1 Lab; 3 cr max) F,S
Pocket billiard fundamentals, most popular games, and appropriate rules will be stressed. Fee required.

ACT 156. Beginning Aikido. 1 Credit. (1 Lab; 3 cr max) On Demand
The fundamentals of Japanese Aikido as taught by the World Aikido Headquarters will be explored.

ACT 158. Beginning Taekwondo. 1 Credit. (1 Lab; 3 cr max) F,S
To teach basic Taekwondo skills including kicking, punching, footwork, training routines, and philosophy. The curriculum fulfills requirements by the World Taekwondo Federation for the rank of 7th degree black belt.

ACT 163. Race Training 5/10 K 1 Credit. (1 Lab, 3 cr max) F,S
Learn about running mechanics, modes of training, and achieve that goal a 5K or 10K! Pass/Fail.

ACT 165. Power Cycling: Indoors. 1 Credit. (1 Lab; 3 cr max) F,S
This is a course designed to introduce proper form and safe cycling techniques. Participants will retain knowledge on basic bike fit principles and biking drills. Pass/Fail.

ACT 169. Beginning Tennis. 1 Credit. (1 Lab; 3 cr max) F,S,Su
Students will learn the rules of tennis and how to play singles and doubles. The instructor will teach the basic tennis strokes including forehand, backhand, overhead, volley, and the serve.

ACT 170. Beginning Swimming. 1 Credit. (1 Lab; 3 cr max) F,S
This class designed for the non-swimmer or weak swimmer. Students will learn to develop the skills, breathing, body awareness to learn how to swim, feel safe and comfortable in and around water. Pass/Fail.

ACT 173. Beg Fly Fishing/Fly Tying. 1 Credit. (1 Lab) On Demand
Basic skills and knowledge of fly fishing including; casting, entomology, habitat, stream ethics, tackle, tactics, and strategy.

ACT 178. Beginning Basketball. 1 Credit. (1 Lab) F,S
In this beginning course, one will learn the rules, skills, different types of recreational play/games, strategy, and coaching principles of basketball.