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; 3 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 114. Fundamentals of Rock Climbing, 1 Credit. (1 Lab) F,S PREREQUISITES: Comfortable with heights. This course is a basic introduction to the fundamentals of rock climbing through skill sessions, demonstrations, and practical experience. Emphasis will be placed on skill development, health and fitness climbing, and safety in the sport of climbing. Mandatory attendance at all classroom and field sessions required to pass the course.

ACT 115. Soccer, 1 Credit. (1 Lab; 3 cr max) F,S
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,S
Introduces wallyball skills, techniques, strategies, rules and scoring.

ACT 120. Beginning Alpine Skiing, 1 Credit. (1 Lab) S
Instruction at the beginner level, skiing novice runs. Acquire knowledge and skills regarding equipment, proper stance, balance, stopping, turning, chairs lift loading and unloading.

ACT 121. Beginning Snowboarding, 1 Credit. (1 Lab) S
Instruction at the beginner level, snowboarding novice runs. Acquire knowledge and skills regarding equipment, proper stance, balance, stopping, turning, chairlift loading and unloading.

ACT 122. Skiing; Telemarking, 1 Credit. (1 Lab; 3 cr max) S
PREREQUISITE: Participants should already be able to comfortably make parallel turns on alpine or telemark equipment on all groomed terrain. Instruction at all levels of skill from beginner to advanced. Fee required. Transportation, tickets, and equipment not included.

ACT 123. Bouldering, 1 Credit. (1 Lab; 3 cr max) F,S,Su
This course provides space for students to learn how to boulder. We will cover the fundamentals of movement on rock and how to mitigate injury through decision-making and “spotting” peers. Mandatory attendance at all classroom and field sessions is required.

ACT 129. Circuit Training, 1 Credit. (1 Lab; 3 cr max) F,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
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) F,S
Cover beginning level Aikido techniques, principles, theory and history. Learning all aspects of modern Aikido practice from standard techniques and receiving practice to the history and theory of the martial art.

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 gup yellow belt.

ACT 160. Avalanche 1 Training, 1 Credit. (1 Lab) S
This Avalanche Level 1 course is for skiers or snowboarders who wants to recreate in or near avalanche terrain. The focus is an introduction to avalanche terrain and decision making. Successful students will receive a certificate of training through the American Institute for Avalanche Research and Education (AIARE). All classroom and field sessions are mandatory to attend.

ACT 161. Wilderness Survival, 1 Credit. (1 Lab) F,S
This course provides basic wilderness living techniques, knowledge and skills needed for a student to be ethical, efficient and have the ability to survive in the outdoors. Special emphasis is placed on building shelters, water purification, navigation, awareness, fire, self-sufficiency and caring for groups in the wilderness. Mandatory attendance at all classroom and field sessions in order to pass the course.

ACT 163. Race Training 5/10 K. 1 Credit. (1 Lab, 3 cr max) F,S,Su
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. Must be able to swim 100 yards without stopping. Swim assessment on first day. Pass/Fail.

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

ACT 174. Introduction to Backpacking, 1 Credit. (1 Lab) Su
Students will learn the fundamentals of multi-day wilderness travel and low impact camping techniques in a backcountry setting. Students will spend a weekend in a surrounding Bozeman Wilderness Area.

ACT 176. Fundamentals of Whitewater Rafting, 1 Credit. (1 Lec) F,S
PREREQUISITES: Students entering the course should have minimum swimming ability to be able to traverse lengthwise the university pool (unassisted at least twice). Whitewater rafting is potentially hazardous and each student is responsible for making certain he or she has adequate swimming ability and comfort with moving water to participate in the field based portion of the class. Ability to attend all classroom and field sessions. Introduction to Whitewater Rafting by spending time on the river the students are immersed in the learning environment. Students will be introduced to the basic components of this activity including: Equipment, hydrology & feature terminology, river safety & scenarios and rescue techniques. Mandatory attendance at all classroom and field sessions.

ACT 177. Fundamentals of Kayaking, 1 Credit. (1 Lec) F,S
PREREQUISITES: Ability to swim, comfortable in water. Introduction to the fundamentals of Whitewater Kayaking. Including the components of kayaks, basic strokes, rescue and eskimo roll. Introduction to kayaking on moving water and boating safety will be emphasized. On-River field component included. Mandatory attendance at all classroom and field sessions.

ACT 180. Beginning Volleyball, 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 volleyball and to appreciate this lifetimes sport. Students will learn the rules for 6v6, 3v3 and beach variations. Students will also learn how to set, pass, spike, dig, block, and rotate.

ACT 191. Special Topics, 1 Credit. (1 Lab; 4 cr max) On Demand
Special Activity classes offered as needed using the unique skills of the instructional faculty in any given semester. May be repeated.

ACT 201. Power Cycling 2: Advanced, 1 Credit. (1 Lab) F,S
Advanced indoor cycling instruction: progressive training techniques and intensities, exercises necessary to improve cycling form, transition from indoor training to outdoor riding, and develop cycling workouts and class structure.
ACT 202. Intermediate Racquetball. 1 Credit. (1 Lab) F,S
PREREQUISITE: Have taken a beginning racquetball course or intermediate skill/knowledge in shot selection, strategy, games. Provide the student with intermediate level skills and knowledge in techniques, safety, strategy, and strokes of racquetball.

ACT 208. Racquet Sports. 1 Credit. (1 Lab)
To learn skills, strategy, and rules of pickleball & badminton.

ACT 209. Intermediate Volleyball. 1 Credit. (1 Lab) F,S
PREREQUISITE: Previously taken a beginning volleyball course or played on a Varsity high school team. Students will learn advanced offenses, team concepts, combination drills, and a variety of playing styles.

ACT 210. Intermediate Weight Training. 1 Credit. (1 Lab) F,S
PREREQUISITE: Previously taken a beginning weight training course or experience/safety knowledge of how to weight train. This course is designed to help students identify and understand the benefits of weight training, how weight training affects the body, and learn intermediate level training routines for complete muscular development.

ACT 214. Intermediate Rock Climbing. 1 Credit. (1 Lab; 3 cr max) F,S
PREREQUISITE: Comfortable climbing 5.7 and/or V1. Students should have either taken an Introduction to Belaying class with the MSU Outdoor Recreation Program, at Recreational Sports & Fitness or have taken a belay class at another climbing gym by the time of the course, or have equivalent experience. This course provides space for students to learn sport climbing technical skills. We will cover lead climbing, lead belaying, and building sport anchors. All classroom and field outings are mandatory in order to pass this course.

ACT 220. Intermediate Alpine Skiing. 1 Credit. (1 Lab) S
PREREQUISITE: Participants should already be able to comfortably ski all beginner runs with control. Instruction at the intermediate level, skiing intermediate and easy advanced runs, develop parallel turning skills, learn bump and powder skiing.

ACT 221. Intermediate Snowboarding. 1 Credit. (1 Lab) S
PREREQUISITE: Participants should already be able to comfortably ride all beginner runs with linked turns and control. Instruction at intermediate level, develop efficient riding skills, carving turns, parallel turns on intermediate and easy advanced runs. Introduction to Park Smart and un-groomed terrain.

ACT 222. Backcountry Ski Fundamentals. 1 Credit. (1 Lab)
In this course students will learn the fundamentals of backcountry skiing, including efficient uphill and downhill travel techniques, group travel and decision-making skills, and wilderness ethics.

ACT 224. Skiing, Cross Country. 1 Credit. (1 Lab) S
This course will prepare students to participate in all aspects of recreational cross-country skiing, including skate and classic skiing on groomed terrain as well as classic skiing in ungroomed/backcountry terrain. Classes will include practice sessions on campus as well as off-campus field experiences to local trails. Course fee includes all equipment, trail passes, instruction, and transportation.

ACT 230. Intermediate Yoga. 1 Credit. (1 Lab) F,S
PREREQUISITE: Must previously have been involved in any yoga class 1 time/week. One will learn intermediate yoga principles and postures and will be educated in the core aspects of yoga philosophy.

ACT 232. Argentine Tango. 1 Credit. (1 Lab) F,S
Learn the fundamentals of the movement art of Argentine Tango dancing, techniques, philosophies, connection and improvisational expression to experience the true nature and beauty of this social dance.

ACT 234. Yoga Nidra Meditation. 1 Credit. (1 Lab)
This course will introduce the concept of Mindfulness combined with deep relaxation. Throughout the course, one will learn different meditation practices and theories and be able to develop a personal at-home practice. This course will provide tools and help aid in stress reduction, anxiety and to increase relaxation, focus and resiliency.

ACT 238. Swiftwater Rescue. 1 Credit. (1 Lab)
This course utilizes the professional expertise and curriculum from the Swiftwater Safety Institute, a leader in swiftwater rescue training and promoter of industry safety standards. Course content includes: identifying river hazards, rescue philosophy/liability, self rescue, tethered swimmers/contact rescues, throwbag deployment, boat based/shore based rescues, strainer swimming, shallow water crossings, foot and body entrapment, knots, boat pins, mechanical advantage and technical rope systems, quick, smooth, effective rescue technique. Upon completion of the course students will be certified in Swiftwater Rescue Training for three years through the Swiftwater Safety Institute. Instruction requires at least three full days of training.
Font Notice

This document should contain certain fonts with restrictive licenses. For this draft, substitutions were made using less legally restrictive fonts. Specifically:

Times was used instead of Adobe Garamond Pro.

The editor may contact Leepfrog for a draft with the correct fonts in place.