

# ACT - Activities: General

## **ACT 104 Beginning Bowling: 1 Credits (1 Lab)**

Bowling fundamentals will be stressed along with bowling etiquette and equipment. Fee required.

Repeatable up to 3 credits.

## **ACT 109 Beginning Racquetball: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

## **ACT 110 Beginning Weight Training: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

## **ACT 114 Fundamentals of Rock Climbing: 1 Credits (1 Lec)**

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.

Repeatable up to 3 credits.

## **ACT 115 Soccer: 1 Credits (1 Lab)**

Learn rules and regulations of soccer, basic skills of dribbling, passing, shooting, and play small-sided and full II versus II games.

Repeatable up to 3 credits.

## **ACT 116 Wallyball: 1 Credits (1 Lab)**

Introduces wallyball skills, techniques, strategies, rules and scoring.

Repeatable up to 3 credits.

## **ACT 120 Beginning Alpine Skiing: 1 Credits (1 Lab)**

Instruction at the beginner level, skiing novice runs. Acquire knowledge and skills regarding equipment, proper stance, balance, stopping, turning, chairlift loading and unloading.

Repeatable up to 3 credits.

## **ACT 121 Beginning Snowboarding: 1 Credits (1 Lab)**

Instruction at the beginner level, snowboarding novice runs. Acquire knowledge and skills regarding equipment, proper stance, balance, stopping, turning, chairlift loading and unloading.

Repeatable up to 3 credits.

## **ACT 122 Skiing; Telemarking: 1 Credits (1 Lab)**

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

Repeatable up to 3 credits.

## **ACT 123 Bouldering: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

## **ACT 129 Circuit Training: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

## **ACT 140 Beginning Basketball: 1 Credits (1 Lab)**

In this beginning course, one will learn the rules, skills, different types of recreational play/games, strategy, and coaching principles of basketball.

Repeatable up to 3 credits.

## **ACT 150 Beginning Yoga: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

## **ACT 151 Beginning Billiards: 1 Credits (1 Lab)**

Pocket billiard fundamentals, most popular games, and appropriate rules will be stressed. Fee required.

Repeatable up to 3 credits.

## **ACT 156 Beginning Aikido: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

## **ACT 158 Beginning Taekwondo: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

## **ACT 160 Avalanche 1 Training: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

## **ACT 161 Wilderness Survival: 1 Credits (1 Lab)**

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 Credits (1 Lab)**

Learn about running mechanics, modes of training, and achieve that goal a 5K or 10K! Pass/Fail.

Repeatable up to 3 credits.

## **ACT 165 Power Cycling: Indoors: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

## **ACT 167 Mountain Biking: 1 Credits (1 Lab)**

This course will introduce students to the sport of mountain biking and provide students with the skills and knowledge to effectively maneuver over varied off-trail terrain successfully. Students will learn through direct experience, discussion, demonstration, and reflection. Topics will include riding position, shifting, braking, where to look, trail etiquette, and basic bike maintenance.

Repeatable up to 3 credits.

**ACT 169 Beginning Tennis: 1 Credits (1 Lab)**

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.  
Repeatable up to 3 credits.

**ACT 170 Beginning Swimming: 1 Credits (1 Lab)**

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.  
Repeatable up to 3 credits.

**ACT 173 Beg Fly Fishing/Fly Tying: 1 Credits (1 Lab)**

Basic skills and knowledge of fly fishing including; casting, entomology, habitat, stream ethics, tackle, tactics, and strategy.  
Repeatable up to 3 credits.

**ACT 174 Introduction to Backpacking: 1 Credits (1 Lab)**

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.  
Repeatable up to 3 credits.

**ACT 175 Orienteering: 1 Credits (1 Lab)**

PREREQUISITE: none. This course teaches basic land navigation skills using traditional map-and-compass techniques as well as an introduction to electronic navigation tools. Topics discussed include an introduction to navigation tools, finding, plotting, and following a bearing, triangulation, and route-finding, including navigation during limited visibility  
Repeatable up to 3 credits.

**ACT 176 Fundamentals of Whitewater Rafting: 1 Credits (1 Lab)**

PREREQUISITE: 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  
Repeatable up to 3 credits.

**ACT 177 Fundamentals of Kayaking: 1 Credits (1 Lec)**

PREREQUISITE: 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  
Repeatable up to 3 credits.

**ACT 180 Beginning Volleyball: 1 Credits (1 Lab)**

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.  
Repeatable up to 3 credits.

**ACT 191 Special Topics: 1 Credits (1 Lab)**

Special Activity classes offered as needed using the unique skills of the instructional faculty in any given semester. May be repeated.  
Repeatable up to 4 credits.

**ACT 201 Power Cycling II: Advanced: 1 Credits (1 Lab)**

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.  
Repeatable up to 3 credits.

**ACT 202 Intermediate Racquetball: 1 Credits (1 Lab)**

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  
Repeatable up to 3 credits.

**ACT 203 Flag Football: 1 Credits (1 Lab)**

Covers skills, rules and strategies. Emphasizes individual and team offensive, defensive and kicking techniques as well as concepts of team organization and play. Game play will help reinforce course content.  
Repeatable up to 3 credits.

**ACT 208 Racquet Sports: 1 Credits (1 Lab)**

To learn skills, strategy, and rules of pickleball badminton.

**ACT 209 Intermediate Volleyball: 1 Credits (1 Lab)**

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  
Repeatable up to 3 credits.

**ACT 210 Intermediate Weight Training: 1 Credits (1 Lab)**

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  
Repeatable up to 3 credits.

**ACT 214 Intermediate Rock Climbing: 1 Credits (1 Lab)**

PREREQUISITES: 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  
Repeatable up to 3 credits.

**ACT 215 Climbing Wall Instructor: 1 Credits (1 Lab)**

PREREQUISITE: The candidate should have the ability to comfortably top rope climb at the 5.8 standard, illustrating confident, smooth, and controlled movement and be comfortable with multiple styles of belay devices. This course provides prospective instructors with an in-depth, uniform understanding of the abilities critical to facilitating and teaching climbing in a climbing wall environment. The course underscores the presentation of comprehensive component skills to climbing participants, the development of risk assessment and risk management expertise, basic problem-solving abilities such as belay transitions, and on-the-wall coaching techniques  
Repeatable up to 3 credits.

**ACT 218 Ultimate Disc: 1 Credits (1 Lab)**

This course is both an introduction to the fundamental skills and strategies of organized Ultimate Disc and a course designed to further develop individual skills for the beginning to intermediate player. Ultimate Disc requires development of the following individual skills: throwing/passing/catching, running/cutting and marking. In addition, students will gain an understanding of elementary team and personal strategies in offense and defense.

Repeatable up to 3 credits.

**ACT 220 Intermediate Alpine Skiing: 1 Credits (1 Lab)**

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

Repeatable up to 3 credits.

**ACT 221 Intermediate Snowboarding: 1 Credits (1 Lab)**

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

Repeatable up to 3 credits.

**ACT 222 Backcountry Ski Fundamentals: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

**ACT 224 Skiing, Cross Country: 1 Credits (1 Lab)**

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 on campus as well as off-campus field experiences to local trails. Course fee includes all equipment, trail passes, instruction, and transportation.

Repeatable up to 3 credits.

**ACT 230 Intermediate Yoga: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

**ACT 232 Argentine Tango: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

**ACT 234 Yoga Meditation: 1 Credits (1 Lab)**

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.

Repeatable up to 3 credits.

**ACT 238 Swiftwater Rescue: 1 Credits (1 Lab)**

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 three full days of.

Repeatable up to 3 credits.

**ACT 240 Intermediate Basketball: 1 Credits (1 Lab)**

PREREQUISITE: Played a minimum of 3 years High School basketball or taken ACT 140 This course will teach intermediate basketball skills: skill development, rules, terminology, and specific strategies for basketball

Repeatable up to 3 credits.

**ACT 250 Pilates: 1 Credits (1 Lab)**

A Pilates-based mat class combining core alignment, posture, and flexibility exercises to build strength and to improve flexibility, agility, body awareness and posture.

Repeatable up to 3 credits.

**ACT 256 Intermediate Taekwondo: 1 Credits (1 Lab)**

PREREQUISITE: ACT 158 or achieved a yellow belt or higher in a martial art. Review the basic and teach intermediate Taekwondo skills including kicking, punching, footwork, training routines, and philosophy

Repeatable up to 3 credits.

**ACT 270 Intermediate Swimming: 1 Credits (1 Lab)**

PREREQUISITE: Previously taken a beginning swim course or intermediate skills in breast stroke/front crawl

Learn skills to swim laps more efficiently. Refine the basic swim strokes.

Repeatable up to 3 credits.

**ACT 272 Advanced Yoga: 1 Credits (1 Lab)**

PREREQUISITE: Must have previously taken yoga or practiced yoga 2 times/week for the last year. For those with previous yoga experience and ready to establish an advanced practice and deeper comprehension of yoga, including more understanding of anatomy, alignment, challenging postures, Ayurveda, and therapeutics

Repeatable up to 3 credits.

**ACT 276 Wilderness First Responder: 2 Credits (1 Lec, 1 Lab)**

Wilderness First Responder covers the fundamentals of emergency care in a non-urban environment, including physiology, injury assessment, short term and long-term care, anatomy, and small group rescues. Wilderness First Responder is a nationally recognized standard for wilderness medicine for outdoor industry professionals in the United States. Students who pass this course will earn a Wilderness First Responder Certificate that is good for 2 years.

**ACT 288 Advanced Skiing: 1 Credits (1 Lab)**

PREREQUISITE: Participants should be confident parallel skiers on all groomed and ungroomed terrain. Advanced level instruction to refine high level techniques and tactics necessary to ski challenging terrain and all snow conditions. Participation in ridge classes requires a helmet, transceiver and ridge pack

Repeatable up to 3 credits.

**ACT 289 Advanced Snowboarding: 1 Credits (1 Lab)**

PREREQUISITE: Participants should be able to link turns of various size on groomed and un-groomed terrain. Advanced level instruction to refine high level techniques and tactics necessary to snowboard challenging terrain and all snow conditions. Participation in ridge classes requires a helmet, transceiver and ridge pack

Repeatable up to 3 credits.

**ACT 291 Special Topics: 1-4 Credits (1-4 Lec)**

Repeatable up to 12 credits.

**ACT 391 Special Topics: 1-4 Credits (1-4 Lab)**

Special Activity classes offered as needed using the unique skills of the instructional faculty in any given semester.

Repeatable up to 4 credits.