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 beginners to intermediate skill levels. Students will develop basic court skills, rules and terminology necessary to play recreational racquetball and to appreciate this lifetime sport. Students will also learn singles, doubles, three 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.

ACT 115. Soccer. 1 Credit. (1 Lab) 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 Instructs at the beginner level, skiing novice runs. Acquire knowledge and skills regarding equipment, proper stance, balance, stopping, turning, chairlift loading and unloading.

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

ACT 122. Skiiing: 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 forms 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 posture 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 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,S PREREQUISITES: Basic skills and knowledge of fly fishing including: casting, entomology, habitat, stream ethics, tackle, tactics, and strategy.

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.

ACT 177. Fundamentals of Kayaking. 1 Credit. (1 Lec) F,S,Su 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.

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.

ACT 180. Beginning Volleyball. 1 Credit. (1 Lab; 3 cr max) F,S This class is designed for beginners to intermediate skill levels. Students will develop the skills, rules and terminology necessary to play recreational volleyball and to appreciate this lifetime 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,Su PREREQUISITE: ACT 109 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 209. Intermediate Volleyball. 1 Credit. (1 Lab) F,S,Su PREREQUISITE: Must have previously taken ACT 180 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,Su PREREQUISITE: ACT 110 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 220. Intermediate Alpine Skiing. 1 Credit. (1 Lab) S PREREQUISITE: Participants should already be able to comfortably ski a 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 224. Skiing, Cross Country. 1 Credit. (1 Lab) S
The course provides instruction in preparation and execution of the various skills involved in cross country skiing from the beginner through advanced depending on the student's ability and skill level. Fee required.

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 240. Intermediate Basketball. 1 Credit. (1 Lab) F,S
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.

ACT 250. Pilates. 1 Credit. (1 Lab) F,S
A Pilates-based mat class combining core alignment, posture, and flexibility exercises to build strength and to improve flexibility, agility, body awareness and posture.

ACT 256. Intermediate Taekwondo. 1 Credit. (1 Lab) F,S
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.

ACT 270. Intermediate Swimming. 1 Credit. (1 Lab) F,S
PREREQUISITE: Must have previously taken ACT 170 or intermediate skills in breast stroke/front crawl. Learn skills to swim laps more efficiently. Refine the basic swim strokes.

ACT 272. Advanced Yoga. 1 Credit. (1 Lab; 3 cr. max) F,S
PREREQUISITE: Must have previously taken ACT 230 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. University Activity Programs.

ACT 288. Advanced Skiing. 1 Credit. (1 Lab) S
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.

ACT 289. Advanced Snowboarding. 1 Credit. (1 Lab) S
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.
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.