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

ACT 122. Skiing, Snowboarding, and Telemarking. 1 Credit. (1 Lab; 3 cr max) 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 identity 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 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. 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.

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 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
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
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
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 224. Skiiing, 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 236D. Dance as Cultural Expression. 3 Credits. (3 Lec) -- Dance as Cultural Expression.

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 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.