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
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, chairlift 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) 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 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 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 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, 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 ungroomed terrain.

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 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 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: 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.

ACT 272. Advanced Yoga. 1 Credit. (1 Lab; 3 cr. max) F,S
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.
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.