

ACT - Activities: General

ACT 114. Fundamentals of Rock Climbing. 1 Credit. (1 Lec) 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.

Term	CRN	Section	Session/Dates	Days	Location	Time
2019 Summer Session	11323	001	July-start: 4x4	TR	-	6:00pm - 8:00pm

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.

Term	CRN	Section	Session/Dates	Days	Location	Time
2019 Summer Session	10831	001	July-start: 4x4	-	-	-

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.

Term	CRN	Section	Session/Dates	Days	Location	Time
2019 Summer Session	11172	002	June-start: 4x4	-	-	-
2019 Summer Session	10718	001	May-start: 4x4	-	-	-

ACT 173. Beg Fly Fishing/Fly Tying. 1 Credit. (1 Lab)

Basic skills and knowledge of fly fishing including; casting, entomology, habitat, stream ethics, tackle, tactics, and strategy.

Term	CRN	Section	Session/Dates	Days	Location	Time
2019 Summer Session	11322	002	June-start: 4x4	S	OUTREC	9:00am - 5:00pm
2019 Summer Session	11322	002	June-start: 4x4	S	OUTREC	9:00am - 5:00pm
2019 Summer Session	11322	002	June-start: 4x4	F	OUTREC	9:00am - 5:00pm
2019 Summer Session	11322	002	June-start: 4x4	F	OUTREC	9:00am - 5:00pm
2019 Summer Session	11173	001	May-start: 4x4	U	OUTREC	9:00am - 2:00pm
2019 Summer Session	11173	001	May-start: 4x4	S	OUTREC	9:00am - 5:00pm
2019 Summer Session	11173	001	May-start: 4x4	S	OUTREC	9:00am - 5:00pm
2019 Summer Session	11173	001	May-start: 4x4	F	OUTREC	9:00am - 5:00pm
2019 Summer Session	11173	001	May-start: 4x4	R	OUTREC	5:00pm - 6:00pm

ACT 174. Introduction to Backpacking. 1 Credit. (1 Lec) 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.

Term	CRN	Section	Session/Dates	Days	Location	Time
2019 Summer Session	11232	001	Non-standard term dates 13- MAY-19 02- AUG-19	-	-	-
2019 Summer Session	11257	002	July-start: 4x4	-	-	-

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.