

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
2020 Summer Semester	11173	001	July-start: 4x4	-	-	-

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
2020 Summer Semester	11459	001	May-start: 4x4	MTWR	MHFCSTUDIO	00am - 7:50am 1

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
2020 Summer Semester	11460	001	June-start: 4x4	MTWR	MHFCSTUDIO	00am - 7:50am 3

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
2020 Summer Semester	11059	001	May-start: 4x4	-	-	-
2020 Summer Semester	11172	002	June-start: 4x4	-	-	-

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.

Term	CRN	Section	Session/Dates	Days	Location	Time
2020 Summer Semester	11426	001	Full Semester	-	-	-

ACT 276. Wilderness First Responder. 2 Credits. (1 Lec, 1 Lab) F,S

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.

Term	CRN	Section	Session/Dates	Days	Location	Time
2020 Summer Semester	11336	001	Non-standard term dates 31-MAY-20 07-JUN-20		UMTRFSGAINES144	8:00am - 5:00pm

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.