

# ACT - ACTIVITIES: GENERAL

ACT 104 Beginning Bowling. Term Typically Offered: Fall Bowling is a lifetime sport. Students participate in bowling instruction, bowl and record assigned minimum number of games, and demonstrate understanding of rules, etiquette and scoring procedures. (Special fee required.) Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 122 Skiing, Snowboarding, Tele. Learn, understand, and demonstrate telemark skiing techniques and proper equipment needs for the sport of telemark skiing. Lecture Hours 2 Department: Health & Human Performance	2 Credits
ACT 109 Beginning Racquetball. Term Typically Offered: Spring Designed to teach students the basics of racquetball. Course will focus on racquetball rules, skill development, competition strategies, and safety/injury prevention. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 140 Beginning Basketball. Term Typically Offered: Fall Designed to provide students with entry-level knowledge of the game of basketball. Students will gain an understanding of basic skills, rules, and team principles of basketball. Lecture Hours 1 Department: Health & Human Performance	1 Credit
ACT 110 Beginning Weight Training. Term Typically Offered: Fall, Spring Teaches students how to develop fitness programs and tailor them to meet individual needs in helping promote lifelong health skills. Various components of fitness (cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, and body composition) are explored. Students will develop an understanding of aerobic and anaerobic energy production systems, overload principles, and specificity of training while learning to utilize systems of isometric, isokinetic, and progressive exercises. This course is a hands-on activity course, but also includes an academic component where students investigate the above principles. Lecture Hours 2 Department: Health & Human Performance	2 Credits	ACT 146 Beginning Golf. Term Typically Offered: Fall, Spring Covers the mechanics, skills and strategies of playing golf. (Special fee required.) Lecture Hours 1 Department: Health & Human Performance	1 Credit
ACT 113 Beginning Softball. Term Typically Offered: Spring Teaches the basic playing skills of softball at the beginner level as well as strategies, safety, offensive, and defensive elements. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 150 Beginning Yoga. Term Typically Offered: Fall, Spring Promotes lifelong health skills through presenting history and philosophy of yoga while providing opportunities for students to learn a variety of yoga poses designed to increase flexibility, strength, and endurance. This class provides an opportunity to learn stress management skills, improve balance and body control, incorporate breathing techniques that foster development in yoga, and enhance well-being. Lecture Hours 2 Department: Health & Human Performance	2 Credits
ACT 114 Beginning Rock Climbing. Introduces students to the basic concepts associated with spotting and belaying techniques and bouldering and top rope climbing techniques in both an indoor and outdoor setting. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 153 Beginning Badminton. Term Typically Offered: Spring Covers fundamental skills, equipment, strategy, rules and etiquette of badminton. Lecture Hours 1 Department: Health & Human Performance	1 Credit
ACT 119 Beginning Nordic Skiing. Presents skills needed in cross country skiing including equipment, base preparation, waxing, and classical and skating techniques. Depending on time constraints and student interest, basic winter risk management will also be included. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 155 Beginning Judo. Term Typically Offered: Fall, Spring Promotes lifelong health skills through presenting judo history, philosophy, and etiquette. Specific throwing and grappling skills designed to improve strength and endurance are presented. Also the course seeks to provide the student with some personal self-defense skills. Teaches how to fall safely in judo play or in self-defense situations. Develops understanding of body mechanics through the study of techniques sport-specific to judo such as grip, Kumikata; throwing, Nagewaza; falling, Ukemi; and grappling skills, Katamewaza. Lecture Hours 2 Department: Health & Human Performance	2 Credits
ACT 120 Beginning Alpine Skiing. Covers the basics of downhill skiing for students without prior experience. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 161 Wilderness Survival. Understand and demonstrate basic wilderness survival recommendations including methods of staying warm and building shelters, signaling, natural indicators of direction, fire building, and accessing water. Lecture Hours 2 Department: Health & Human Performance	2 Credits
ACT 121 Beginning Snowboarding. Covers the basics of snowboarding equipment, safety, mechanics and techniques. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 167 Mountain Biking. Teaches students how to choose the correct size bicycle, develop students' mountain biking skills, develop awareness of risk management in mountain biking, develop students' ability to negotiate mountain bike terrain with proper technique, and develop students' ability to maintain and fix common problems that they may encounter on a mountain bike ride. Lecture Hours 1 Department: Health & Human Performance	1 Credit

ACT 169 Beginning Tennis. Term Typically Offered: Fall, Spring Practice basic tennis fundamentals: forehand, backhand, and serve. Covers equipment, strategy, rules and etiquette. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 235 Belly Dancing-Activity. Term Typically Offered: Fall, Spring Promotes lifelong health skills through presenting the philosophy of belly dance while providing opportunities for students to learn a variety of belly dance movements and techniques. Dance movements are designed to increase flexibility, strength, and balance, as well as creativity, body awareness, and confidence. This class provides an opportunity to learn a cultural dance, improve coordination and body control, and enhance well-being. Lecture Hours 1 Department: Health & Human Performance	1 Credit
ACT 170 Beginning Swimming. Term Typically Offered: Fall Course includes learning to swim front crawl, backstroke, elementary backstroke, breaststroke, treading water and survival float. Additionally an introduction to aquatic exercise is included. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 236 Belly Dancing II. Term Typically Offered: Fall, Spring Promotes lifelong health skills and provides an increased variety of belly dance movements and techniques designed to increase flexibility, strength, and balance, as well as creativity, body awareness, and confidence. As the advanced class, it will provide an opportunity to learn another cultural dance, create choreography and improvisational solo dances, plus improve coordination and body control, and enhance well-being. Lecture Hours 1 Department: Health & Human Performance	1 Credit
ACT 173 Beg Fly Fishing/Fly Tying. Builds the necessary skills and self-confidence to learn the sport of fly fishing. This course is an entry-level fly fishing class designed to develop all the skills and understanding necessary to catch wild fish on a fly rod. Class sessions will cover the mechanics of casting, proper equipment, the basic cast, variations of the basic cast, knots, entomology as it relates to fly selection, and conservation and safety of the sport. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 250 Pilates. Term Typically Offered: Fall, Spring Teaches students how to safely perform five movement patterns, which strengthen major muscles of the core. Students will adapt exercises to changing physical needs and identify locations, names, and actions of five core muscles. Students will understand the evolving role of Pilates within the scope of physical fitness traditions. Lecture Hours 2 Department: Health & Human Performance	2 Credits
ACT 175 Orienteering. Provides an introduction and application of the history, equipment, and techniques of land navigation and orienteering. Included will be sections on map reading, compass use, GPS use, map and compass techniques, orienteering principles, and orienteering course design. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 254 Self Defense. Term Typically Offered: Fall, Spring Introduces and develops defensive skills to protect the student from aggressive physical attack that could result in physical or emotional harm. The course will present dynamics of assault situations with discussions to include environmental and personal issues as well as the use of physical skill development. Defense techniques will include the use of strikes, kicks, takedowns, blocks, and the use of personal items such as weapons. The student will also be introduced to and practice some falling techniques to help enhance safety. This course will involve some intense physical activity. Lecture Hours 2 Department: Health & Human Performance	2 Credits
ACT 176 Fnd of Whitewater Rafting. Learn to identify rafting equipment, awareness of preplanning considerations, proper raft carrying techniques, execution of proper rowing and oar strokes, foundational execution of rescue maneuvers, and a thorough understanding of safety considerations. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 269 Intermediate Tennis. Term Typically Offered: Fall, Spring Provides further development of groundstrokes, serve, volley, and lob. Advanced singles and doubles strategies. Lecture Hours 1 Department: Health & Human Performance	1 Credit
ACT 177 Fundamentals of Kayaking. Learn, understand, and execute kayaking skills such as getting into a kayak, forward and backward paddling strokes, stopping techniques, forward and reverse sweep stroke, and draw stroke. Included are safety and rescue methods recommended in kayaking. Lecture Hours 1 Department: Health & Human Performance	1 Credit	ACT 270 Intermediate Swimming. Term Typically Offered: Fall Prerequisite(s): ACT 170 or consent of instructor. Course seeks to improve skills taught in ACT 170. Additionally, the side stroke, single trudgen and single trudgen crawl strokes are taught, as are skills such as open turns, simple rescue and aquatic safety. Lecture Hours 1 Department: Health & Human Performance	1 Credit
ACT 178 Canoeing. Learn, understand, and apply canoeing terminology, principles, and equipment. Included will be canoe design affects, paddle selection, carrying the canoe efficiently and safely, and tandem canoeing. Lecture Hours 1 Department: Health & Human Performance	1 Credit		
ACT 180 Beginning Volleyball. Term Typically Offered: Fall Designed to teach students the fundamental skills and basic strategies of volleyball and their application in a game situation. Lecture Hours 1 Department: Health & Human Performance	1 Credit		

<p>ACT 271 Swimming for Fitness. 2 Credits            Term Typically Offered: Fall, Spring            Prerequisite(s): Consent of instructor.            Seeks to develop awareness and foster application of fitness principles through reading, lab activities, and development of personal fitness program to meet personal goals through swimming, kicking, pulling, and participation in swimming and aquatic exercise routines.            Lecture Hours 2            Department: Health &amp; Human Performance</p>	<p>ACT 499 Senior Thesis/Capstone. 3-6 Credits            Term Typically Offered: Fall, Spring            Provides students the opportunity to conduct a research project under faculty supervision. Students engage in the scholarly activities needed to conceptualize and design a relevant research topic; conduct the research including data collection, analysis, and interpretation; and present the research as a written thesis that is orally defended in a meeting open to faculty and students outside of the committee.            Lecture Hours 3-6            Department: Health &amp; Human Performance</p>
<p>ACT 294 Seminar/Workshop. 1-3 Credits            Term Typically Offered: Fall, Spring            Provides students an opportunity to investigate intensively topics pertinent to the field of Physical Education.            Department: Health &amp; Human Performance</p>	
<p>ACT 298 Internship/Cooperative Educ. 1-3 Credits            Provides students with practical selected experiences related to Health and Human Performance. In-field contact time is 45 hours per semester credit.            Lecture Hours 1-3            Department: Health &amp; Human Performance</p>	
<p>ACT 395 Field Work. 1 Credit            Term Typically Offered: Fall, Spring            Pass/No Pass            Provides the student the opportunity to engage in 45 hours of supervised practical experience in the health enhancement classroom. This experience is to include: structured observation focusing on cultural and developmental characteristics of children; working with teachers in individual diagnosis of student needs and prescription of student activities; assisting with small groups or in one-on-one settings to accomplish learning tasks. Where appropriate, the student will also gain practical experience with school athletic programs. This course is offered as a Pass/No Pass course only. The student must receive a passing grade to complete graduation requirements. Field placements are arranged through the Office of Licensure, Standards and Clinical Practice.            Lecture Hours 1            Department: Health &amp; Human Performance</p>	
<p>ACT 492 Independent Study. 0.5-3 Credits            Provides an opportunity for students of superior academic standing to explore material not covered by the regular college courses.            Lecture Hours .5-3            Department: Health &amp; Human Performance</p>	
<p>ACT 494 Seminar/Workshop. 1-6 Credits            Provides students of superior academic standing to explore material not covered by the regular college courses.            Lecture Hours 1-6            Department: Health &amp; Human Performance</p>	
<p>ACT 498 Internship/Cooperative Educ. 1-3 Credits            Term Typically Offered: Fall, Spring            Provides supervised practical experience related to the HHP options and serves as an introduction to professional fields. In-field contact time is 45 hours per semester credit.            Lecture Hours 1-3            Department: Health &amp; Human Performance</p>	