

# ACTIVITIES (ACT)

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## **ACT 101 - Stretch and Relax. 1 Credit.**

(R-4)

## **ACT 103 - Jump Rope Fitness and Skill. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **ACT 105 - Aerobic Fitness. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **ACT 106 - Beg Conditioning and Fitness. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **ACT 107 - Beginning Aerobic Dance. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **ACT 109 - Beginning Racquetball. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **ACT 110 - Beginning Weight Training. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in activity courses (ACT 100-287) in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **ACT 111 - Beg Weight Training - Women. 1 Credit.**

## **ACT 112 - Curling. 1 Credit.**

(R-4) Students will learn the curling rules, scoring, etiquette, basic strategies, methods and styles of stone deliver. In addition, how to "read" the ice/call for sweeping, most effective sweeping techniques, and the different positions on a curling team will be taught.

## **ACT 113 - Beginning Softball. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **ACT 114 - Beginning Rock Climbing. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **ACT 115 - Soccer. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **ACT 118 - Hockey. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **ACT 119 - Beginning Nordic Skiing. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

## **ACT 123 - Freestone Bouldering. 1 Credit.**

## **ACT 124 - Flow Arts. 1 Credit.**

## **ACT 125 - Acro Yoga. 1 Credit.**

## **ACT 128 - Aerial Arts Fundamentals. 1 Credit.**

## **ACT 129 - Circuit Training. 1 Credit.**

(R-4) Upon completing this course, the student will be able to develop their strength, endurance, and flexibility by participating in various fitness programs or sports, demonstrate proper form and skills for various fitness programs, and recognize and demonstrate appropriate fitness etiquette.

## **ACT 130 - Pole Fitness & Dance. 1 Credit.**

Learn basic turns, spins and strengthening techniques to mount and climb the pole. Create dance combinations and learn tricks and poses that are broken down into comprehensive step-by-step instructions. Delve deeper into inversions and combinations, as well as expand on skills and tricks.

## **ACT 136 - Aerial Yoga. 1 Credit.**

(R-4) This course teaches traditional Hatha yoga with an aerial hammock, aiding the student in postures. In order to accumulate a person who is new to yoga, the aerial hammock offers the body assistance to find correct alignment and decompression of the spine without pressure on the head or hands.

## **ACT 137 - Capoeira Angola. 1 Credit.**

Students will learn the basic elements of Capoeira Angola as a game, rather than the mainstream advertised martial art. Through this practice, we will train the brain and the body to use intuition as a source of choice making. We will push to accelerate of what to do, deciding to do, and doing it.



**ACT 172 - Physical Fitness II. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 173 - Beg Fly Fishing/Fly Tying. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 174 - Introduction to Backpacking. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 175 - Fly Fishing. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 176 - Fundamentals of Whitewater Rafting. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 177 - Fundamentals of Kayaking. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 178 - Canoeing. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 179 - Basic Canoeing. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 180 - Beginning Volleyball. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 191 - Special Topics. 1-6 Credits.**

(R-6) Offered intermittently. Experimental offerings of visiting professors, experimental offerings of new courses, or one-time offerings of current topics.

**ACT 202 - Intermediate Racquetball. 1 Credit.**

An intermediate course for the sport of racquetball. Students should have a fundamental understanding of the sport, including the rules of the game and its variations, and the necessary equipment. Intermediate-level instruction will focus more on stroke mechanics, and strategies. Students will also be learning the enjoyment of playing racquetball, which is a game that can last a lifetime.

**ACT 207 - WC Aerobics. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 214 - Intermediate Rock Climbing. 2 Credits.****ACT 215 - AMGA Climbing Wall Instructor. 1 Credit.**

This course will address the technical skills necessary to manage an instructional program at an indoor climbing wall facility and will address the following general topic areas: instructor roles, responsibilities and professionalism, client orientation and instruction, risk management, lesson planning, teaching basic climbing skills, including movement, teaching lead climbing skills, teaching top-rope and lead belaying techniques, use of available equipment and facility, basic rescue and emergency procedures.

**ACT 218 - Ultimate Disc. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 219 - Folf. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 222 - Ski Camp. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 225 - Snow Bowl Ski Area. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 228 - Ski Instructor's Preparation. 2 Credits.**

Offered spring. Prereq., consent of instr. Open to all students with advanced to expert skiing skills. Techniques of teaching skiing including: skill concepts and contemporary skiing movements; teaching cycle; movement analysis; personal skiing improvement. Prepares student for certification with (PSIA) Professional Ski Instructors of America.

**ACT 229 - Snowboard Instructor Prep. 2 Credits.**

Offered spring. Prereq., consent of instr. Open to students with advanced to expert riding skills. Techniques of teaching snowboarding including: skill concepts and contemporary snowboarding movements; teaching cycle; movement analysis; personal riding improvement. Prepares student for certification with (ASSI) American Association of Snowboard Instructors.

**ACT 231 - Pilates - Yoga Fusion. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 232 - Argentine Tango. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 233 - Freestone Climbing. 1 Credit.**

Offered every term. This course is a free climb, no ropes course. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 234 - Jazz for Fun & Fitness. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 235 - Belly Dancing. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 237 - Trampoline Aerial Acrobatics. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 250 - Pilates. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 257 - Martial Arts and Self Defense. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 258 - CFM Mixed Martial Arts. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 259 - AAK American Kenpo. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 271 - Swimming for Fitness. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 274 - Scuba Diving. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 286 - Fencing. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 287 - Strength & Flexibility. 1 Credit.**

Offered every term. Students may include up to but not more than 4 credits earned in HHP 100-179 activity courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy. For a complete list of all classes offered go to the HHP Activity Program website.

**ACT 291 - Special Topics. 1-6 Credits.**

(R-6) Offered intermittently. Offerings of visiting professors, new courses, or current topics.

**ACT 292 - Independent Study. 1-6 Credits.**

(R-6) Offered every term. Prereq., consent of advisor and instr. Course material appropriate to the needs and objectives of the individual student.

**ACT 337 - Aquatic Certifications. 1-2 Credits.**

(R-4) Offered spring. Prereq., HHP 238 or equivalent certifications. Offered on a rotating basis. Training for Water Safety Instructor, Lifeguard Training Instructor, or Adapted Aquatics Instructor. Red Cross Instructor's Certificate awarded upon successful completion of requirements.

**ACT 391 - Special Topics. 1-6 Credits.**

(R-6) Offered intermittently. Experimental offerings of visiting professors, experimental offerings of new courses, or one-time offerings of current topics.

**ACT 490 - Undergraduate Research. 1-3 Credits.**

(R-6) Offered every term. Prereq., consent of instr. Directed individual research and study appropriate to the background and objectives of the student.

**ACT 491 - Special Topics. 1-6 Credits.**

(R-6) Offered intermittently. Experimental offerings of visiting professors, experimental offerings of new courses, or one-time offerings of current topics.

**ACT 492 - Independent Study. 1-3 Credits.**

(R-6) Offered every term. Prereq., consent of instr. Course material appropriate to the needs and objectives of the individual student.

**ACT 494 - Workshop. 1-6 Credits.**

(R-6) Offered intermittently. Special courses experimental in nature dealing with a relatively narrow, specialized topic of particular current interest. Credit not allowed toward a graduate degree.

**ACT 498 - Internship. 2-6 Credits.**

(R-6) Offered every term. Prereq. all HHP options minimum junior standing and ECP 120/121 (or equivalent). Prereqs per option. Exercise Science Applied: KIN 320/321. If internship is coaching or strength & conditioning must also have completed KIN 410 and COA 405. Exercise Science Pre-Professional: KIN 320/321. If internship is cardiac rehab must also have completed KIN 460/483/484. Community Health: CHTH 335. Supervised field experiences with private businesses, public agencies, or institutions. 45 hours of internship site work = 1 credit. A maximum of 6 credits of Internship 498 may count toward graduation. Students should not be registered for more than 14 credits their internship semester.

**ACT 499 - Capstone. 1-3 Credits.**

(R-6) Offered every term. Prereq., consent of instr. Independent work under the University omnibus option. See index.