

ACTIVITIES (ACT)

ACT 101 - Stretch and Relax. 1 Credit.

(R-4) Students learn physical exercises in which a specific muscle or tendon (or muscle group) is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. Learn types of stretches for a particular muscle and its specific job, so resistance should be applied, then the muscle should be relaxed.

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

(R-4) Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Offered every term. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 - Beginning Conditioning and Fitness. 1 Credit.

(R-4) Offered every term. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Offered every term. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Offered every term. A racquet sport played with a hollow rubber ball on an indoor court. Learn the fundamental strokes and shot selections of racquetball. Acquire the knowledge of the rules of cut-throat, doubles, ironman, one-out, "sevens", & singles. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Offered every term. Develop the strength and size of skeletal muscles. Learn the form of weighted bars, dumbbells or weight stacks in order to oppose the force generated by muscle through concentric or eccentric contraction. 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 - Beginning Weight Training - Women. 1 Credit.

(R-4) Develop the strength and size of skeletal muscles. Learn the form of weighted bars, dumbbells or weight stacks in order to oppose the force generated by muscle through concentric or eccentric contraction. 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 112 - Brazilian Jiu-Jitsu. 1 Credit.

(R-4) 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 114 - Beginning Rock Climbing. 1 Credit.

(R-4) Offered every term. Learn how to climb up, down or across natural rock formations or artificial rock walls. Introduction to reaching the summit of a formation or the endpoint of a usually pre-defined route without falling. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 - Bouldering. 1 Credit.

(R-4) A form of rock climbing that is performed simulating small rock formations using artificial rock walls, known as boulders, without the use of ropes or harnesses. While it can be done without any equipment, students use climbing shoes to help secure footholds, chalk to keep their hands dry and provide a firmer grip, and bouldering mats to prevent injuries from falls. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 124 - Flow Arts. 1 Credit.

(R-4) A moving meditation of manipulating props such as staffs, hoops, poi, juggling, and other tools. Revel in creativity as you learn about and practice prop techniques that improve dexterity and proprioception. Share the joy of movement and self-expression, and tap into your unlimited potential. The state of flow creates new pathways in the brains, and offers an alternative perspective on movement, inside the body as well as outside the body as you move through space. It is also an exciting way to gain fitness by increasing heart rate, agility, and flexibility. There is opportunity for a student showcase at the end of the semester. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 125 - Acro Yoga. 1 Credit.

(R-4) An effective form of cross training for any discipline. This course combines dance, yoga and partner work into an ambient or dynamic sequence of movement expression. With a focus on safety and proper body alignment, students gain strength, flexibility, and trust. Students integrate the playful and whimsical qualities of acrobatics with the more grounded and practical aspects of asana. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 128 - Aerial Dance. 1 Credit.

(R-4) This course ventures into a cascade of dynamic movement to help you gain proficiency to defy gravity and soar! This is a small group class of progressive curriculum on sling/hammock, lyra, static trapeze, rope, and silks. With a focus on safety, alignment and aerial body positioning, students practice conditioning exercises specifically designed to build aerial flexibility and strength. Students learn and apply the completion of fundamental skills, in order to understand and apply the transfer of skills across multi-apparatus. Students will then develop these skills into sequencing and choreography. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 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.

(R-4) 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.

(R-4) 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 138 - Olympic-Style Weightlifting. 1 Credit.

(R-4) Offered every term. Introduction to the sport of Olympic-style weightlifting as well as its practical application. Instruction of basic weightlifting principles, power and strength development, safety considerations, etiquette, exercise selection and lifting technique. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 139 - Parkour. 1 Credit.

(R-4) A training discipline using movement that developed from military obstacle course training. Practitioners aim to get from one point to another in a complex environment, without assistive equipment and in the fastest and most efficient way possible. Parkour includes running, climbing, swinging, vaulting, jumping, rolling, and other movements as deemed most suitable for the situation. Students may include up to but not more than 4 credits earned in ACT/HHP 100-199 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 140 - Beginning Basketball. 1 Credit.

(R-4) Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 141 - Movement Improvisation. 1 Credit.

(R-4) Movement Improvisation is an all abilities class designed to empower students in every aspect of their lives. Students learn how to access spontaneous, creative response to life events and develop embodied self-confidence and self-expression through guided games and improvisational movement. Movement Improvisation offers students not only physical fitness; it will increase students' capacity to succeed. Students discover how the body can be a tool for self-awareness, self-expression, and connection and have fun while doing it.

ACT 143 - Beginning Table Tennis. 1 Credit.

(R-4) Offered every term. Learn the sport in which two or four players hit a lightweight ball back and forth across a table using small bats. Students will acquire the ability to allow a ball played toward them to bounce one time on their side of the table, and return it so that it bounces on the opposite side at least once. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 145 - Beginning Dodgeball. 1 Credit.

(R-4) Learn a collection of team sports in which players on two teams try to throw balls at each other while avoiding being hit themselves. Acquire the many variations of the game, generally by eliminating all members of the opposing team by hitting them with thrown balls, catching a ball thrown by a member of the opposing team, or forcing them to move outside the court boundaries when a ball is thrown at them. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 146 - Beginning Golf. 1 Credit.

(R-4) Offered autumn. Gain the ability to use various clubs to hit balls into a series of holes on a course in as few strokes as possible. Gain the ability to cope with the varied terrains encountered on different courses. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 147 - Dance Fitness. 1 Credit.

(R-4) Offered every term. An introduction to aerobic dance fitness. Students will study choreographed dances to top 40's songs by breaking down the movement and sequences. As the semester progresses, students will learn to master the routines and be able to put more effort and energy into each dance aiming for a high intensity cardio workout. Students may include up to but not more than 4 credits earned in ACT courses in the total number of credits required for graduation. Students graded Credit/No Credit based on participation and a strict attendance policy.

ACT 150 - Beginning Yoga. 1 Credit.

(R-4) Offered every term. A group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Learn a broad variety of yoga schools, practices, and goals. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 151 - Beginning Billiards. 1 Credit.

(R-4) Offered every term. Learn a wide variety of games of skill generally played with a cue stick, which is used to strike billiard balls and thereby cause them to move around a cloth-covered billiards table bounded by elastic bumpers known as cushions. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 152 - Beginning Handball. 1 Credit.

(R-4) Learn the sport in which players use their hands to hit a small rubber ball against a wall such that their opponent cannot do the same without it touching the ground twice. Learn four-wall, which can be played either by two players (singles), three players (cutthroat) or four players (doubles). Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 154 - Beginning Tai Qi. 1 Credit.

(R-4) Learn the internal Chinese martial art practiced for both its defense training and its health benefits. Explore the philosophy of the forces of yin and yang, related to the moves. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 155 - Judo. 1 Credit.

(R-4) Generally categorized as a modern martial art, Judo has since evolved into an Olympic sport, as well as a physical, mental, and moral pedagogy. Students will learn to either throw or take down an opponent to the ground, immobilize or otherwise subdue an opponent with a pin, or force an opponent to submit with a joint lock or a choke. Students will also learn strikes and thrusts by hands and feet as well as other defenses, but only in pre-arranged forms and not in free practice.

ACT 156 - Beginning Aikido. 1 Credit.

(R-4) A modern Japanese martial art developed as a synthesis of martial studies, philosophy and religious beliefs. Students learn to use techniques to defend themselves while also protecting their attacker from injury. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 157 - Beginning Martial Arts. 1 Credit.

(R-4) Codified systems and traditions of combat practiced for a number of reasons such as self-defense, military and law enforcement applications, physical, mental and spiritual development. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 158 - Beginning Taekwondo. 1 Credit.

(R-4) A Korean martial art, characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast kicking techniques. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 160 - Avalanche 1 Training. 1 Credit.

This Avalanche Level 1 course is for skiers or snowboarders who want to recreate in or near avalanche terrain. The focus is an introduction to avalanche terrain and decision making. Successful students will receive a certificate of completion through the American Avalanche Institute (AAI). All classroom and field sessions are mandatory to attend.

ACT 163 - 5/10 K Race Training. 1 Credit.

(R-4) Learn the act of exercising to increase endurance for a long-distance road running competition. Improve training the aerobic system. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 169 - Beginning Tennis. 1 Credit.

(R-4) A racquet sport that can be played individually against a single opponent (singles) or between two teams of two players each (doubles). Each player uses a strung racquet to strike a hollow rubber ball covered with felt over or around a net and into the opponent's court. The object of the game is to maneuver the ball in such a way that the opponent is not able to play a valid return. The player who is unable to return the ball will not gain a point, while the opposite player will. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 170 - Beginning Swimming. 1 Credit.

(R-4) The self-propulsion of a person through water, usually for recreation, sport, exercise, or survival. Locomotion is achieved through coordinated movement of the limbs, the body, or both. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 171 - Physical Fitness I. 1 Credit.

(R-4) Perform aspects of sports, occupations and daily activities. Perform moderate-vigorous physical exercise and sufficient rest. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 172 - Physical Fitness II. 1 Credit.

(R-4) Learn the capacity to carry out the day's activities without undue fatigue. Improve the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 - Beginning Fly Fishing/Fly Tying. 1 Credit.

(R-4) Learn the angling method in which an artificial "fly" is used to catch fish. Improve casting using a fly rod, reel, and specialized weighted line. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Learn the outdoor recreation of carrying gear on one's back, while hiking for more than a day. Minimize impact on the environment, including staying on established trails, and not disturbing vegetation. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Learn recreational outdoor activities which use an inflatable raft to navigate a river or other body of water. Learn how to deal with risk and the need for teamwork. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Learn the use of a kayak for moving across water. Learn to pull front-to-back on one side and then the other in rotation. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) 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.

(R-4) Learn formal aerobics classes that are divided into different levels of intensity and complexity. Learn the five components: warm-up, cardio vascular conditioning, muscular strength and conditioning, cool-down and stretching and flexibility. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 210 - Intermediate Weight Training. 1 Credit.

(R-4) This class gives students the opportunity to learn or refine their exercise technique, and learn new methods to help them achieve their strength and fitness goals. Students may include up to but not more than 4 credits earned in 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.

(R-4) Develop the length and extended endurance required on the ascent. Complete routes in the quickest possible time or attaining the farthest point on an increasingly difficult route. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 215 - Climbing Wall Instructor. 1 Credit.

(R-4) 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 216 - Functional Training. 1 Credit.

(R-4) Functional Training is a classification of exercise which involves training the body for the activities performed in daily life. The exercises allow students to perform the activities of daily life more easily and without injuries, and involves mainly weight bearing activities targeted at core muscles of the abdomen and lower back.

ACT 218 - Ultimate Disc. 1 Credit.

(R-4) Learn the non-contact team sport played by players with a flying disc (Frisbee). Learn to score by passing the disc to a teammate in the opposing end zone. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 223 - Water Aerobics. 1 Credit.

(R-4) Students will learn the performance of aerobic exercise and resistance training in fairly shallow water such as in a swimming pool, done mostly vertically and without swimming typically in waist deep or deeper water. Water aerobics requires water-immersed students, and is held in a group fitness class setting. The classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere.

ACT 224 - Skiing, Cross Country. 1 Credit.

(R-4) Students may include up to but not more than 4 credits earned in ACT courses. This activity course is designed to introduce students to the joy of cross-country skiing. Cross-country skiing is a form of skiing whereby skiers traverse snow-covered terrain without use of ski lifts or other assistance. Cross-country skiing is widely practiced as a sport and recreational activity; however, some still use it as a means of transportation. Variants of cross-country skiing are adapted to a range of terrain which spans unimproved, sometimes mountainous terrain to groomed courses that are specifically designed for the sport. Students graded Credit/No Credit based on participation and a strict attendance policy.

ACT 225 - Snow Bowl Ski Area. 1 Credit.

(R-4) Learn alpine skiing, or downhill skiing, the sport or recreation of sliding down snow-covered hills on skis with fixed-heel bindings. Learn snowboarding, a recreational activity and Olympic and Paralympic sport that involves descending a snow-covered slope while standing on a snowboard attached to a rider's feet. Learn Telemark skiing, a skiing technique that combines elements of Alpine and Nordic skiing. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) 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.

(R-4) 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.

(R-4) A blend of Pilates and Yoga. A low-impact workout that strengthens and sculpts the body, and enhances flexibility. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Learn the musical genre and accompanying social dance activity. Develop a variety of styles that developed in different regions and eras. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Provide the foundation for the Arabic expressive dance which originated in Egypt and that emphasizes complex movements of the torso. Explore many different forms depending on the country and region, both in costume and dance style. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Provide an environment of performance in extraordinary human feats of balance, agility, and motor coordination. Teach activities that make extensive use of gymnastic elements, such as acro dance, circus, and gymnastics, but many other athletic activities — such as ballet and diving. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 239 - Meditation. 1 Credit.

The purpose of this course is to introduce students to time-tested and lab-tested meditation practices that will help cultivate more presence, compassion and connection in their lives. This course is an exploration of practices that increase understanding of the nature of the mind, the self and reality. Students will explore these practices through the lens of personal, community, and world. Each class students will study, contemplate, and practice various teachings and meditations through personal reflection, journaling, partnering and group discussion.

ACT 250 - Pilates. 1 Credit.

(R-4) Learn the physical fitness system developed to improve flexibility, build strength and develop control and endurance in the entire body. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 254 - Self-Defense. 1 Credit.

(R-4) This course is an introduction to countermeasures that involve defending the health and well-being of oneself from harm. Students will be introduced to various styles of unarmed martial arts that are practiced for self-defense and include self-defense techniques. Students will learn some styles that train primarily for self-defense, and other martial arts that can be effectively applied for self-defense. Students will learn how to escape or break away from specific situations. To provide more practical self-defense, students will learn to use a combination of martial arts styles and techniques.

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

(R-4) Become physically adept in the physical, mental and moral pedagogy, and its conditioning. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Learn the martial art characterized by the use of quick and powerful strikes delivered from all of the body's natural weapons, powered by rapid stance transitions, called "shifting." Learn basic attack responses, which comprise a larger system taught through scripted scenarios, that allow a platform to share concepts and principles emphasized in teachings. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Learn the self-propulsion of a person through water, usually for recreation, sport, exercise, or survival. Improve locomotion through coordinated movement of the limbs, the body, or both. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) A Professional Association of Diving Instructors (PADI) course that teaches the mode of underwater diving where the diver uses a self-contained underwater breathing apparatus (scuba) which is completely independent of surface supply, to breathe underwater. Prepares students for PADI certification dives. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Learn modern fencing: winning points are made through the contact with an opponent. Learn the three forms of modern fencing, each uses a different kind of weapon and has different rules, this way the sport itself is divided into three competitive scenes: foil, épée, and sabre. Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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.

(R-4) Students may include up to but not more than 4 credits earned in ACT/HHP 100-299 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 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) Prereq., consent of instr. Directed individual research and study appropriate to the background and objectives of the student. Level: Undergraduate.

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. Level: Undergraduate and Graduate.

ACT 492 - Independent Study. 1-3 Credits.

(R-6) Prereq., consent of instr. Course material appropriate to the needs and objectives of the individual student. Level: Undergraduate.

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. Level: Undergraduate.

ACT 498 - Internship. 2-6 Credits.

(R-6) Prereq. all INPH concentrations minimum junior standing and ECP 120/121 (or equivalent). Prereqs per concentration. Exercise Science Applied: KIN 320/321. If internship is coaching or strength & conditioning must take KIN 410 and COA 405 as corequisites. Exercise Science Pre-Professional: KIN 320/321. If internship is cardiac rehab must take KIN 460/483/484 as corequisites. Community Health: CHTH 355. 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 x98 may count toward graduation. Students should not be registered for more than 16 credits their internship semester. Level: Undergraduate.

ACT 499 - Capstone. 1-3 Credits.

(R-6) Prereq., consent of instr. Independent work under the University omnibus option. Level: Undergraduate.