

# Activities (ACT)

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**ACT 102. Recreational Activities. 1 Credit.**

Courses contained in this area will be reflective of activities generally regarded as recreation and can be individual, dual, or group in nature.

**ACT 104. Beginning Bowling. 1 Credit.**

Courses contained in this area will be reflective of activities generally regarded as recreation and can be individual, dual, or group in nature.

Course Fees: \$15.75

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

These courses are designed to teach lifetime activities which will promote fitness and wellness for a healthy lifestyle.

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

These courses are designed to teach lifetime activities which will promote fitness and wellness for a healthy lifestyle.

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

Courses contained in this area will be reflective of activities generally regarded as recreation and can be individual, dual, or group in nature.

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

These courses are designed to teach lifetime activities which will promote fitness and wellness for a healthy lifestyle.

**ACT 112. Curling. 1 Credit.**

This course is designed to teach student the Olympic sport of curling. Rules, regulations, procedures, techniques, strategies and etiquette will be covered.

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

Courses contained in this area will include those activities found to be reflective of what is generally considered team sports.

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

Courses contained in this area will include those activities which take place in the outdoors and can be given lifelong consideration.

**ACT 115. Soccer. 1 Credit.**

Courses contained in this area will include those activities found to be reflective of what is generally considered team sports.

**ACT 116. Wallyball. 1 Credit.**

Courses contained in this area will include those activities found to be reflective of what is generally considered team sports.

**ACT 117. Floor Hockey. 1 Credit.**

Courses contained in this area will include those activities found to be reflective of what is generally considered team sports.

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

Courses contained in this area will include those activities which take place in the outdoors and can be given lifelong consideration.

**ACT 120. Beginning Alpine Skiing. 1 Credit.**

Courses contained in this area will include those activities which take place in the outdoors and can be given lifelong consideration.

**ACT 140. Beginning Basketball. 1 Credit.**

Courses contained in this area will include those activities found to be reflective of what is generally considered team sports.

**ACT 146. Beginning Golf. 1 Credit.**

Courses contained in this area will be reflective of activities generally regarded as recreation and can be individual, dual, or group in nature.

Course Fees: \$21.50

**ACT 150. Beginning Yoga. 1 Credit.**

These courses are designed to teach lifetime activities which will promote fitness and wellness for a healthy lifestyle.

**ACT 151. Beginning Billiards. 1 Credit.**

Courses contained in this area will be reflective of activities generally regarded as recreation and can be individual, dual, or group in nature.

Course Fees: \$10.75

**ACT 153. Beginning Badminton. 1 Credit.**

Courses contained in this area will be reflective of activities generally regarded as recreation and can be individual, dual, or group in nature.

**ACT 157. Beginning Martial Arts. 1 Credit.**

These courses are designed to teach lifetime activities which will promote fitness and wellness for a healthy lifestyle.

**ACT 169. Beginning Tennis. 1 Credit.**

Courses contained in this area will be reflective of activities generally regarded as recreation and can be individual, dual, or group in nature.

**ACT 170. Beginning Swimming. 1 Credit.**

These courses are designed to teach aquatic activities, which will provide lifetime skills, safety skills, and training skills for instructors of aquatic activities.

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

Courses contained in this area will include those activities which take place in the outdoors and can be given lifelong consideration.

Course Fees: \$5.35

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

These courses are designed to teach aquatic activities, which will provide lifetime skills, safety skills, and training skills for instructors of aquatic activities.

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

Courses contained in this area will include those activities found to be reflective of what is generally considered team sports.

**ACT 191. Special Topics. 1-3 Credits.**

Courses not required in any curriculum for which there is a particular one-time need, or given on a trial basis to determine acceptability and demand before requesting a regular course number.

**ACT 203. Flag Football. 1 Credit.**

Courses contained in this area will include those activities found to be reflective of what is generally considered team sports.

**ACT 210. Intermediate Weight Training. 1 Credit.**

These courses are designed to teach lifetime activities which will promote fitness and wellness for a healthy lifestyle. Prerequisite: ACT 110.

**ACT 217. Frisbee. 1 Credit.**

Courses contained in this area will be reflective of activities generally regarded as recreation and can be individual, dual, or group in nature.

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

This course is a Pilates-based mat class combining core alignment, posture, and flexibility exercises to build strength and to improve flexibility, agility, body awareness and posture.

**ACT 287. Archery. 1 Credit.**

Courses contained in this area will be reflective of activities generally regarded as recreation and can be individual, dual, or group in nature.

**ACT 298. Cooperative Education. 1-12 Credits.**

A planned and supervised work-learning experience in industry, business, government, or community service agencies related to the University program of study. Prerequisites: two semesters of attendance at Montana State University-Northern, approval of advisor, Dean of the College of Education, Arts and Sciences, and cooperative education coordinator. Pass/Fail only.

**ACT 498. Cooperative Education. 1-12 Credits.**

A planned and supervised work-learning experience in industry, business, government, or community service agencies related to the University program of study. Prerequisites: two semesters of attendance at Montana State University-Northern, approval of advisor, Dean of the College of Education, Arts and Sciences, and cooperative education coordinator. Pass/Fail only.