

Activities (ACT)

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. Formerly HPEA 134.

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. Formerly HPEA 138.

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. Formerly HPEA 185.

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. Formerly HPEA 182.

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. Formerly HPEA 133.

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. Formerly HPEA 181.

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. Formerly HPEA 164.

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. Formerly HPEA 173.

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. Formerly HPEA 160.

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. Formerly HPEA 167.

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. Formerly HPEA 162.

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. Formerly HPEA 171.

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. Formerly HPEA 170.

ACT 131. Weight Control. 1 Credit.

These courses are designed to teach lifetime activities which will promote fitness and wellness for a healthy lifestyle. Formerly HPEA 180.

ACT 133. Water Exercise. 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. Formerly HPEA 154.

ACT 135. Trimnastics. 1 Credit.

These courses are designed to teach lifetime activities which will promote fitness and wellness for a healthy lifestyle. Formerly HPEA 184.

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. Formerly HPEA 163.

ACT 142. Beginning Gymnastics. 1 Credit.

Courses in this series will provide the student an opportunity to develop skills in the areas of elementary dance, folk and social dance, square dance, modern dance, contemporary dance, and gymnastics and tumbling. Formerly HPEA 197.

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. Formerly HPEA 136.

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. Formerly HPEA 186.

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. Formerly HPEA 131.

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. Formerly HPEA 137.

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. Formerly HPEA 183.

ACT 162. Team Handball. 1 Credit.

Courses contained in this area will include those activities found to be reflective of what is generally considered team sports. Formerly HPEA 166.

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. Formerly HPEA 130.

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. Formerly HPEA 150.

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. Formerly HPEA 172.
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. Formerly HPEA 153.

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. Formerly HPEA 161.

ACT 191. Special Topics. 1-12 Credits.

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. Formerly HPEA 165.

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: HPEA 181 Formerly HPEA 187.

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. Formerly HPEA 135.

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 270. Intermediate 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. Formerly HPEA 151.

ACT 274. Scuba Diving. 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. Formerly HPEA 152.

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. Formerly HPEA 132.

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, Nursing, and cooperative education coordinator. Pass/Fail only.

ACT 498. Cooperative Education. 1-12 Credits.

A planned and supervised work-learning experience in education, business, government, or community service agencies related to the University program of study. Prerequisites: Junior standing and approval of advisor, Dean of the College of Education, Arts and Sciences, Nursing, and cooperative education coordinator. Pass/Fail only.