OUTDOOR LEADERSHIP

Philip Friesen

Outdoor Leadership Minor
The academic home of the Outdoor Leadership (OL) minor is with Exercise Science. The aim of the OL minor is to prepare individuals to lead others in backpacking, canoeing and sea kayaking or rock climbing activities. Training in generalizable leadership skills (e.g., judgment, group facilitation and risk management) that can be used throughout life will be provided. Students interested in this pursuit should consult with the minor director as early as possible, as this program spans across at least 2 years. The credits required can vary (18-33 credits) due to course selection options and the possibility to test out of certain requirements.

Outdoor Leadership: Requirements for the Minor
Complete all of the following:

- **HPER 157** Outdoor Recreation* 1 credit
- **OL 107** Wilderness First Responder* 2 credits
- **OL 207** Intro to Outdoor Leadership 2 credits
- **OL 307** Applied Outdoor Leadership 4 credits
- **OL 407** Outdoor Leadership Seminar 1 credit

Complete one of the following:
- **OL 475** Internship 2-4 credits
- **OL 395** Independent Study 2-4 credits

Complete one of the following course pairings:
- **HPER 158** Rock Climbing 1 credit
- **OL 308** Single Pitch Rock Climbing Instruction 2 credits
- **HPER 159** Coastal Sea Kayaking 1 credit
- **OL 309** Coastal Sea Kayaking Instruction 2 credits

Complete one of the following (Environmental & Sustainability Awareness):
- **ENV 121** Our Global Environment 4 credits
- **ENV 200** Intro Environmental Science 4 credits
- **ENV 260** Oregon Natural History 4 credits
- **ENV 321** Environmental Ethics 4 credits
- **HIST/ENV 441** Environmental History 4 credits
- **POLS 224** Environmental Politics 4 credits
- **ECON 333** Environmental Economics 4 credits
- **PSY 313** Environmental Psychology 4 credits
- **PH 320** Environmental Health 4 credits

Complete one of the following (Working with Diverse Populations):
- **EXMB 315** Adapted Physical Activity (cross-listed as DS 315) 2 credits
- **SOC 208** Race: Inequality and Identity 4 credits
- **SOC 360** Critical Race Theory 4 credits
- **GSS 200** Introduction to Queer Studies 4 credits
- **GSS 201** Intro Gender and Sexuality Studies 4 credits
- **GSS/PSY 261** Psychology of Gender 4 credits
- **GSS/SOC 217** Gender and Sexuality 4 credits
- **ENGL 221** Disability and Literature 4 credits
- **HIST 245** Race in Modern America 4 credits
- **PSY 358** Psychology of Ethnic Diversity in the US 4 credits
- **PHIL 240** Human Rights (cross-listed as PSJ 240) 2 credits
- **ENGW 202** Writing About Disability 4 credits
- **DS 204** Working with People with Disability 4 credits
- **DS 300** Intro to Disability Studies 2 credits
- **PSJ 227** Civil Right Movement 4 credits

**TOTAL: 18-33 credits**

* Note that the credit range is attributable to course choices used to meet requirements and also the possibility to demonstrate HPER157 and/or OL107 knowledge and skills via non-credit routes.

COURSES

OL-107 Wilderness First Responder
Through lecture, lab and practical application, students will be introduced to the necessary skills for assessing and treating common medical problems in remote settings. The methods and common practices for wilderness medicine introduced in this course give students both a competency for treating injuries and illness and the experience that improves judgment which may prevent potential incidents. Successfully completing this course also offers a two year certification by the Wilderness Medicine Training Center. Additional course fees apply. Pass/No Pass. 2 credits.

OL-195 Independent Study
See department for details. Independent study contract required.

OL-207 Introduction to Outdoor Leadership
Introduction to the principles and practices of leading others outdoors. Focus on effective outdoor living skills, communication skills, understanding what a functional group looks like, facilitating group debriefs and having fun outdoors. Students will learn how to teach the following outdoor living skills using experiential education pedagogy: cooking, shelter building, weather prediction, navigation, equipment use & maintenance, clothing selection, travel techniques and health & sanitation. The instructor will model planning and effectively implementing the logistics for leading a weekend outdoor excursion. This class is for anyone interested in developing basic outdoor leadership skills. Participation fee required. The fee is used for class outings (i.e. transportation, food, campsites...
and permits). If a student drops or withdraws from the class after some expenses have been accrued the student will be responsible for those expenses. Prerequisite: HPER 157. 2 credits.

**OL-295 Independent Study**
See department for details. Independent study contract required.

**OL-307 Applied Outdoor Leadership**
Focuses on developing students' judgment, decision making and critical thinking skills to facilitate leading others on outdoor trips. Uses case studies and student-led trips with instructor supervision to increase students' ability to handle challenging outdoor leadership experiences. Risk management, planning & logistics, leadership, environmental integration and teaching skills are developed. Content includes facilitating challenge experiences and group decision making. Involves weekend outdoor trips where these skills are applied, one of which is a required 9-day outing that departs two days after Commencement. Participation fee required to support special costs of class outings (e.g., transportation, food, campsites and permits). If a student drops or withdraws after some expenses have been accrued the student will be responsible for those. Prerequisite: OL 207 with minimum grade C-. 4 credits.

**OL-308 Single Pitch Rock Instructor**
Students will develop their ability to lead single pitch sport climbs and traditional climbs. Students will learn how to manage the group climbing site, teach climbing movement, build traditional anchors, rappel, clean routes and coach trip participants. Prerequisite: Pass HPER-158 and OL-107, and complete OL-207 with minimum grade of C-. 2 credits.

**OL-309 Kayaking Instructor**
This course builds on fundamental white- and flat- water kayaking skills and introduces the student to group management on the water and navigation in more challenging waters. Mastery of chart and compass use, boat handling skills, multiday trip planning, and an eskimo roll are also addressed. Previous kayaking experience required. Prerequisite: HPER-159 and OL-107; and OL-207 with minimum grade of C-. 2 credits.

**OL-395 Independent Study**
See department for details. Independent study contract required.

**OL-407 Outdoor Leadership Seminar**
This course will help students synthesize the principles, practices, theories, ethics and philosophy presented throughout the pursuit of the Outdoor Leadership minor. It will also look at how leadership skills learned in the minor can be applied to future professions in the outdoors and within other careers. Participation fee required. The fee is used for class outings (i.e. transportation, food, campsites and permits). If a student drops or withdraws from the class after some expenses have been accrued the student will be responsible for those expenses. Prerequisite: OL 307 with minimum grade C-. 1 credit.

**OL-475 Internship**
See department for details. Internship contract required.