



**UNIVERSITY OF OREGON – DEPARTMENT OF PHYSICAL EDUCATION AND RECREATION**  
**OUTDOOR PURSUITS LEADERSHIP TRAINING PROGRAM**

The Outdoor Pursuits Leadership Training Program is designed to provide training and experience in safe and responsible leadership of outdoor pursuits activities. The Program includes skills courses in a variety of land-based outdoor activities, professional development courses (in environmental education, adventure education, and outdoor leadership), and field leadership (practicum) experiences. Participation in the Program is exciting and challenging, providing opportunities to enhance skills, experience personal growth, develop leadership abilities, and explore the region's exceptionally beautiful and diverse outdoor areas.

Individuals seeking employment as outdoor leaders are strongly encouraged to attain "state of the art" proficiency and appropriate specialty certification in at least one outdoor pursuit. Additional related course work is recommended for students whose goals include professional leadership. Recommended subjects include the natural sciences, athletic injuries, backcountry medicine, business, teaching and counseling.

**Policies Governing the Leadership Training Program**

- A. The Program consists of a minimum of 28 credits, of which 26 are upper division credits.
- B. Program participants must achieve a passing grade in all courses. All courses offered on a graded basis must be taken graded. Non-credit courses can be applied towards completion of the leadership training program if the student meets the same course requirements as that of a credit student. This includes meeting attendance requirements and earning a passing grade in course exams, assignments, and other grading criteria.
- C. Credit students have enrollment priority. Non-credit enrollment requires the consent of the Course Instructor.
- D. Participants with exceptional skills and/or recent experience in equivalent courses may negotiate with the Program Directors for partial or complete waiver of up to four credit hours of Group 1 (skills courses) requirements. No other exceptions are allowed since the skills courses provide exposure to current teaching methods and to a variety of teaching styles.

**LEADERSHIP TRAINING PROGRAM REQUIREMENTS**

**I. SKILLS COURSES** - 13 to 15 credits, depending on the combination of courses selected.

| <u>Course Title</u>                               | <u>Term(s) Offered</u>            | <u>Credits</u> |
|---|-----------------------------------|----------------|
| A. Survival - <i>both of the following</i> :      |                                   |                |
| Wilderness Survival .....                         | Fall, Winter, Spring.....         | 1              |
| Backcountry Survival .....                        | Spring .....                      | 1              |
| B. Backcountry - each of the following:           |                                   |                |
| Backpacking .....                                 | Spring.....                       | 2              |
| Backcountry Navigation .....                      | Fall .....                        | 2              |
| Snowcamping .....                                 | Winter .....                      | 2              |
| C. Mountain - either of the following:            |                                   |                |
| Mountaineering .....                              | Spring.....                       | 2              |
| Avalanche Safety.....                             | Winter .....                      | 2              |
| D. Rock Climbing - one of the following:          |                                   |                |
| Rock Climbing 1.....                              | Fall, Winter, Spring, Summer..... | 1              |
| Rock Climbing 2.....                              | Fall, Winter and Spring .....     | 1              |
| Rock Climbing 3.....                              | Fall and Spring.....              | 2              |
| Introduction to Lead Climbing .....               | Spring.....                       | 1              |
| Sport Climbing .....                              | Winter .....                      | 1              |
| E. Technical Rescue/Safety - the following blend: |                                   |                |
| Swiftwater Safety .....                           | Spring.....                       | 1              |
| And one of the following:                         |                                   |                |
| Basics of Technical Rescue .....                  | Fall .....                        | 1              |
| Vertical Rescue Techniques .....                  | Winter .....                      | 2              |

## II. WILDERNESS MEDICINE TRAINING

Successful completion of an approved **Wilderness First Responder** course (over and above the requirements specified in 'Section I' above) is necessary to fulfill the requirements of the OPP Leadership Training Program. Documentation of course completion must be submitted to a Director.

The minimum first aid certification required to lead an OPP outing is Standard First Aid/CPR, unless a Director waives this requirement. When selecting leaders for backcountry outings, consideration is given to students with current Wilderness First Responder certification.

## III. PROFESSIONAL COURSES - 9 credits

### A. Adventure Education – 3 credits – offered Fall Term only

The emphasis of this course is on helping students become more effective team leaders and group members. Students learn how to lead and debrief adventure activities, and discover how group dynamics, communication, and other factors play an integral role in shaping the personality and character of teams. Content includes semantics and definitions, communication and feedback, leadership theory, group dynamics, history and philosophy, ethics, and leading and debriefing experiential activities.

### B. Principles of Outdoor Leadership – 3 credits – offered Winter Term only

This course provides the skills and knowledge necessary for safe and responsible field leadership. Topics include trip planning and preparation, risk management and liability issues, van driver training and transportation issues, campcraft skills and field leadership techniques. The course consists of a lecture/discussion series, substantial readings, and a three-day outing.

### C. Environmental Education – 3 credits – offered Spring Term only

This course focuses on the natural history of the region, with an emphasis on grass/scrubland, coastal and old growth coniferous ecosystems. Classroom sessions, labs and outings provide opportunities to learn about the environment and to practice teaching in an outdoor setting. Course topics include natural history, ecological concepts, environmental interpretation, semantics and definitions, and teaching strategies for outdoor settings.

#### IV. LEADERSHIP EXPERIENCE - 6 credits

Students gain hands on experience by assisting with the leadership of OPP courses and field outings. Consent of a Program Director and Course Instructor is required to participate in a practicum experience. All practicum students enroll in PEL 409-Practicum Outdoor. The Registrar assigns a specific name to each practicum after enrollment.

##### A. Backcountry Outing Leadership - three (3) one-credit assignments

Students are required to lead a **minimum** of three backcountry outings, one of which **MUST** be as a Group Leader. Responsibilities of Assistant and Group Leaders are specified below. Leadership roles are assigned based on the instructor's perception of a leader's competence and readiness for a particular assignment.

NOTE: Rock Climbing 3, Introduction to Lead Climbing, Basics of Technical Rescue, Vertical Rescue Techniques, and Swiftwater Rescue are not considered backcountry outings.

##### B. Elective Practicum Experiences – three (3) credits total. Students have the option of configuring a blend of practicum experiences to meet this requirement, including assignment to a two-credit assistant instructorship, an optional practicum opportunity that is explained below.

*Assistant Instructorship* – an optional two (2) credit practicum opportunity

Students may request an assignment as an Assistant Instructor of a two-credit course. A Program Director and the Course Instructor must approve this assignment. Assistant Instructors are required to participate fully in all campus sessions AND the course outing. The responsibilities associated with this assignment are specified below. Students enroll for a two-credit practicum experience.

NOTES:

1. Students are encouraged to acquire the broadest possible range of experience by leading a variety of activities in different settings and seasons.
2. Leadership responsibilities vary according to the nature of the course, course goals and objectives, the participants, and the terrain and weather conditions.
3. Field leadership experience in excess of the specified requirements is strongly encouraged for students interested in improving their competence and maximizing their employment potential within the realm of outdoor pursuits.

#### V. SELECTION CRITERIA AND RESPONSIBILITIES OF LEADERS AND ASSISTANT INSTRUCTORS

##### A. Assistant Leaders

*Selection Criteria:*

1. A passing grade in Wilderness Survival.  
*Exception* – leading non-backcountry courses, unless required by the Course Instructor.
2. A passing grade in the course being led or exceptional experience in the subject area. Preference is given during the selection process to leaders who have completed the OPP course that they have requested to lead.

3. Current First Aid/CPR certifications. Preference is given to leaders with WFA or WFR certifications.  
*Exception to this requirement* – leading non-backcountry courses unless required by the Course Instructor.
4. Van clearance/certification is preferred for courses/outings that require the use of State Motor Pool vans.

*Assistant Leaders are responsible for:*

1. Meeting with the leadership team prior to the course/outing to ensure a thorough understanding of course content, goals and objectives, evaluation procedures, safety policies, procedures and plans, and to determine the best role for the assistant based on needs, interests and abilities.
2. Assisting the Course Instructor with the logistics associated with conducting a course or outing, including: Completing and collecting paperwork; picking up, loading, unloading, and driving vans; conducting equipment and clothing inspections; managing equipment, and other tasks as required by the Course Instructor.
3. Leading, instructing and supervising students in course/outing activities. Responsibilities will not be assigned that are beyond the assistant leader's skill and experience, and without his/her consent. Assistant leaders are responsible for informing the Course Instructor of any factors that may interfere with or limit their ability to accept leadership, instructional, and/or supervisory responsibilities.
4. Meeting with the leadership team after the course/outing to critique outing/course leadership and performance, and to assist in student evaluations.

**B. Group Leaders**

*Selection Criteria For A Backcountry Field Assignment As A Group Leader:*

1. A passing grade in Wilderness Survival.
2. A passing grade in the course being led or exceptional experience in the subject. Preference is given to leaders who have completed the OPP course that they have requested to lead.
3. Recent familiarity with the site and route of the outing, preferably as a leader of a previous OPP outing.
4. Current Wilderness First Aid (WFA) or Wilderness First Responder (WFR) certification.
5. Van clearance/certification is preferred.

*In addition to the requirements of the assistant leader position described above, a Group Leader is responsible for:*

1. Supervising one or more assistant leaders and a designated student group in the field. The Course Instructor will assign responsibilities that s/he believes the group leader is qualified to accept. The group leader is responsible for informing the instructor of any factors that may limit, or interfere with his/her ability to accept the assigned responsibilities. No group leader will be assigned responsibilities without her or his consent.
2. Serving as the liaison between designated field groups and the Course Instructor, keeping the instructor informed of group competence and performance, and assuming a primary leadership role during emergency response or any issue related to group health and performance when the Course Instructor is not present.

C. Assistant Instructors

*Selection Criteria:*

1. A passing grade in Wilderness Survival unless the Course Instructor deems this requirement unnecessary.
2. A passing grade in the course being led or exceptional experience in the subject. Preference is given to leaders who have completed the OPP course that they have requested to lead.
3. Recent familiarity with the site and/or route of the course, preferably as an Assistant Leader of a previous course.
4. A current Wilderness First Aid certification unless the Course Instructor deems this requirement unnecessary.
5. Van clearance/certification is preferred for courses/outings that require State Motor Pool vans.

*An Assistant Instructor is responsible for:*

1. Meeting with the Course Instructor prior to the beginning of a course to ensure a thorough understanding of course content, schedule, goals and objectives, evaluation procedures, safety policies, procedures and plans, and to determine the assistant instructor's leadership responsibilities based on course needs, and the leaders experience, interests and abilities.
2. Assisting the Course Instructor with the logistics associated with conducting a course or outing, including: Completing and collecting paperwork; picking up, loading, unloading, and driving vans; conducting equipment and clothing inspections; managing equipment, and other tasks as required by the Course Instructor.
3. Leading, instructing and supervising students in course/outing activities. Responsibilities will not be assigned that are beyond the assistant leader's skill and experience, and without his/her consent. Assistant leaders are responsible for informing the Course Instructor of any factors that may interfere with or limit their ability to accept leadership, instructional, and/or supervisory responsibilities. It is understood, by the nature of this assignment, that the assistant leader will assume a higher degree of instructional responsibilities and a more interactive teaching role than an assistant leader of the same course.
4. Assisting with the grading of course assignments, assisting in student evaluations, and meeting with the Course Instructor as required to assess/critique the leader's performance.
5. Meeting with the Course Instructor at the conclusion of the course to assist in course grading, assessing assistant leaders' performances, and providing feedback regarding course content, organization and delivery.