

## PE & REC - OUTDOOR PURSUITS PROGRAM - OVERVIEW OF COURSE OFFERINGS

Term	Course Title and Description	Prerequisites
1 credit F W S Su	<b>WILDERNESS SURVIVAL</b> is our <i>gateway course</i> and must be passed (C- or better) PRIOR TO participating in our backcountry-oriented courses. Emphasizes navigation, safety and survival.	None
<b>BACKPACKING AND BACKCOUNTRY COURSES</b>		
2 credits Spring	<b>BACKPACKING</b> is designed for students with little or no backpacking experience. Classroom sessions prepare students for an introductory three-day backpacking outing to the Oregon Coast.	WS - Wilderness Survival
1 credit Spring	<b>BACKCOUNTRY SURVIVAL</b> emphasizes constructing emergency shelters, building survival fires and learning a host of other techniques critical to surviving an unexpected night out with minimal gear.	WS & Backpacking or equivalent experience
2 credits Fall	<b>BACKCOUNTRY NAVIGATION</b> develops map and compass skills and other techniques for traveling safely and efficiently off-trail in the context of a three-day outing to a spectacular region of the Three Sisters Wilderness Area.	WS & Bpk. or equivalent experience; Instructor consent
2 credits Winter	<b>SNOWCAMPING</b> introduces students to the art of camping comfortably in winter, with an emphasis on constructing a variety of snow shelters such as igloos, digloos, snow caves and quinzees.	WS & Backpacking or equivalent experience
2 credits Winter	<b>AVALANCHE SAFETY</b> addresses the basics of traveling safely in avalanche terrain. Class sessions explore the influence of weather, terrain, and snowpack on the avalanche hazard. The three-day outing emphasizes beacon use, stability evaluation and rescue techniques. Offered every other year, alternating with the Cascade traverse course.	WS, Snowcamping or equivalent experience; Instructor consent
<b>CLIMBING AND MOUNTAINEERING COURSES</b>		
1 credit F W S Su	<b>BOULDERING1</b> is a term-long course that introduces students to the world of climbing without the security of a rope. Emphasis is on bouldering safety, skill development and conditioning.	None
1 credit F W S Su	<b>ROCK CLIMBING 1</b> is a term long course that introduces basic skills including climbing techniques, belaying, rappelling, and safety systems. Meets once per week for two hours at the climbing wall.	None
1 credit F W S	<b>ROCK CLIMBING 2</b> emphasizes fitness and conditioning, improving climbing techniques, and preventing injuries. Meets once per week for the entire term at the indoor climbing wall.	Rock Climbing 1 or equivalent experience
2 credits F & S	<b>ROCK CLIMBING 3</b> prepares students for independent participation in outdoor rock climbing. Emphasizes protection placement, anchor construction, safety systems, basic rescue techniques and outdoor climbing techniques and hazards. Three-day outing to Smith Rock State Park.	Rock Climbing 1 or equivalent experience
1 credit Spring	<b>INTRODUCTION TO LEAD CLIMBING</b> emphasizes traditional lead climbing techniques at Skinners Butte columns and leading on bolts at the indoor climbing wall. Reinforces anchor building and rescue systems.	Rock Climbing 3 and Instructor consent
2 credits Spring	<b>MOUNTAINEERING PREPARATION &amp; OUTING</b> Several class sessions cover planning, safety, hazards, knots, rope work, and rigging. The three-day outing to the Three Sisters Wilderness area introduces basic skills such as ice ax use, self an team arrests, roped travel, snow anchors and belays, and crampon use (weather permitting).	WS, Backpacking and Rock Climbing 1 or equivalent experience
1 credit Fall	<b>ICE CLIMBING</b> introduces a combination of low-angle and vertical ice climbing techniques in the context of a three-day outing to the Diller Glacier in the Three Sisters Wilderness area.	WS, Bpk and Mtneering; Instructor consent

Term	Course Title and Description	Prerequisites
<b>TECHNICAL RESCUE AND SAFETY COURSES</b>		
1 credit Fall	<b>BASICS OF TECHNICAL RESCUE</b> is a term-long on-campus course that introduces basic technical systems such as knots, rope work, anchor building, rigging for rescue, raising and lowering systems, litters, carries and improvised rescue techniques.	None
2 credits Winter	<b>VERTICAL RESCUE TECHNIQUES</b> covers the skills needed to rescue a climbing partner in a vertical environment. Ground school sessions meet for two hours once per week. Students apply skills to the vertical environment during the on-campus weekend outing.	<i>Basics of Technical Rescue or Rock Climbing 3</i>
1 credit Spring	<b>SWIFTWATER SAFETY TECHNIQUES</b> teaches non-technical and technical techniques for crossing shallow and deep swiftwater streams. Saturday and Sunday outing to Fall Creek.	<i>WS &amp; swimming skills. Basics of Tech. Rescue recommended</i>
<b>WILDERNESS MEDICINE</b>		
Pre-Fall Term - not offered for credit	<b>WILDERNESS FIRST RESPONDER</b> is an intensive, hands-on first aid training course that teaches participants the skills necessary to assess and treat injuries and handle medical emergencies in a backcountry setting. Conducted over a two-week period in September prior to the start of Fall Term courses. Students earn WFR and CPR certifications. NOT an OPP academic course, but scheduled in September with Rescue Training, Inc. to accommodate OPP leaders in training.	<i>None. Basic first aid training is recommended</i>
<b>PROFESSIONAL LEADERSHIP TRAINING COURSES</b>		
3 credits Fall	<b>ADVENTURE EDUCATION</b> examines factors and variables that help students become more effective leaders and team 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.	<i>Instructor's consent</i>
3 credits Winter	<b>PRINCIPLES OF OUTDOOR LEADERSHIP</b> focuses on planning and implementing outdoor pursuits activities. The course examines the roles and responsibilities of leaders, field leadership tactics and methods, risk management planning, and emergency procedures. The three-day outing includes a driver training component, a night hike to a campsite on the Oregon coast, and scenario-based learning modules emphasizing the development of field leadership skills.	<i>WS, Backpacking or equivalent experience. Instructor consent.</i>
3 credits Spring	<b>ENVIRONMENTAL EDUCATION</b> emphasizes learning about the natural history of the region and developing outdoor teaching skills. Includes ecological concepts, teaching in outdoor settings, and natural history. The highlight of the course are field trips to coastal and oak savannah ecosystems. One three-hour class once per week and a Saturday/Sunday outing.	<i>WS, Backpacking or equivalent experience; Instructor consent</i>

## **OUTDOOR PURSUITS LEADERSHIP TRAINING PROGRAM**

The Outdoor Pursuits Leadership Training Program provides training and experience in safe and responsible leadership of outdoor pursuits activities. Visit our leadership page for information: <http://opp.uoregon.edu/leadership/lship.html>

### **IMPORTANT INFORMATION ABOUT OUR COURSES**

- First day attendance is required in ALL of our courses. Absentees will be replaced by non-enrolled students in attendance!
- Wilderness Survival cannot be waived or replaced with an alternate experience/course.

### **FOR INFORMATION CONTACT**

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