



PARS • UNIVERSITY OF OREGON

## **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 and water-based outdoor activities, professional development courses in environmental education, adventure education, outdoor leadership, administration of outdoor pursuits, and field leadership experiences. Participation in the Program is exciting and challenging, providing opportunities for skill enhancement, personal growth, leadership development and exploration of the region's exceptionally beautiful and diverse outdoor resources.

Those 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**

1. The Program consists of a minimum of 28 credits, of which a minimum of 15 are upper division credits.
2. 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, submission of written work by the specified deadlines and achieving a passing grade in course exams.
3. Credit students have enrollment priority. Non-credit enrollment requires the consent of the course instructor.
4. Program participants must attain the objectives of every course. When weather or other factors preclude attainment of course objectives, repetition of the course may be required.
5. 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 three credit hours of skills course 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**

A. The following courses must be taken:

<u>Course #</u>	<u>Course Title</u>	<u>Term Offered</u>	<u>Credits</u>
PEOL 285	Wilderness Survival	Fall, Winter and Spring	1
PEOL 399	Backcountry Survival	Fall	1

B. Select a minimum of 11 of any of the following courses, including **not less** than one outing course from each of the first four groups, **and** one course from group #5:

<u>Course #</u>	<u>Course Title</u>	<u>Term Offered</u>	<u>Credits</u>
1. Backpacking Courses			
PEOL 286	Backpacking Preparation	Fall and Spring	1
PEOL 351	Backpacking 1	Spring	1
PEOL 352	Backpacking 2	Fall	1
PEOL 355	Ultralight Backpacking	Spring	1
2. Mountaineering Courses			
PEOL 288	Mountaineering Preparation	Spring	1
PEOL 361	Mountaineering 1	Spring	1
PEOL 290	Mountain Rescue Preparation	Fall	1
PEOL 364	Mountain Rescue Techniques	Fall	1
PEOL 363	Ice Climbing	Fall	1
3. Rock Climbing Courses			
PEOL 251	Rock Climbing 1	Fall, Winter, Spring, Summer	1
PEOL 292	Rock Climbing 2	Fall, Winter and Spring	1
PEOL 297	Rock Climbing 3 Preparation	Fall and Spring	1
PEOL 298	Rock Climbing 3 Outing	Fall and Spring	1
PEOL341	Introduction to Lead Climbing	Spring	1
PEOL 199	High Angle Rescue Preparation	Winter	1
PEOL 366	High Angle Rescue Outing	Winter	1
4. Snow-based Courses			
PEOL 292	Snowcamping Preparation	Winter	1
PEOL 371	Snowcamping 1	Winter	1
PEOL 294	Ski Touring Preparation	Winter	1
PEOL 381	Ski Touring 1	Winter	1
PEOL 296	Avalanche Safety Preparation	Winter	1
PEOL 391	Avalanche Safety Outing	Winter	1
5. Water-based Courses			
PEOW 211/212	Sailing 1 or 2	Spring and Summer	1
PEOW 261	Kayaking 1	Fall and Spring	1
PEOW 361	River Rescue Techniques	Spring	1

**II. FIRST AID TRAINING**

A. Current first aid/cpr certification is required for leadership of wilderness and backcountry outings. Documentation of course completion must be submitted to a Director.

B. Successful completion of an approved Wilderness First Aid course is needed to fulfill the requirements of the OPP Leadership Training Program. Documentation of course completion must be submitted to a Director.

### III. PROFESSIONAL DEVELOPMENT COURSES

#### A. Adventure Education

<u>Course #</u>	<u>Credits</u>	<u>Notes</u>
PEOL 451	3	Offered Fall Term only

This course focuses on group dynamics and the facilitation of adventure experiences. It involves a lecture/lab/discussion series and an all-day field outing which emphasize team building activities. Topics include leadership and teaching strategies; the social psychology of adventure; facilitation of adventure experiences; and safety and risk management practices.

#### B. Principles of Outdoor Leadership

<u>Course #</u>	<u>Credits</u>	<u>Notes</u>
PEOL 455	3	Offered Winter Term only

This course provides the skills and knowledge necessary for safe and responsible field leadership. Topics include the planning process, liability issues, clothing and equipment requirements, risk management, transportation and field leadership techniques. The course consists of a lecture/discussion series, substantial readings, and a three-day field outing. The three-day outing includes a challenging overnight survival exercise using minimal gear and clothing.

#### C. Environmental Education

<u>Course #</u>	<u>Credits</u>	<u>Notes</u>
PEOL 453	3	Offered Spring Term only

The focus of this course is on the natural history of Oregon, 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

#### A. Field Leadership

<u>Course #</u>	<u>Course Title</u>	<u>Credits</u>	<u>Notes</u>
PEP 409	Practicum	6	Consent of the course instructor and a Program Director is required.

Requirements include not less than one Wilderness Survival assignment, and either two field leadership assignments as a Group Leader of an approved backcountry outing or one two-credit assignment as an Assistant Instructor of an approved course.

A typical one-credit assignment includes pre and post-outing leader meetings, attendance at specified student classroom sessions, field leadership of a two or three-day field outing, and a substantive written assignment. The specific responsibilities associated with a field leadership placement are determined by the course instructor and student leader, in accordance with the guidelines developed by the Program Directors.

Students are encouraged to acquire the broadest possible range of experience by leading a variety of activities in different seasons. An outside placement with an approved agency, such as the City of Eugene Outdoor Program or the U of O Outdoor Program, is possible with the consent of a Program Director.