



Outdoor Leadership *cert*

Multiple Credentials

Any additional major, minor or certificate in a degree must have at least 6 credits of course work not used to meet the requirements of another major, minor or certificate in the degree.

Required Credits: 16

Required GPA: 2.25

I REQUIRED COURSES

Complete the following courses:

- ENVR 3150 Outdoor Field Skills (2 credits)
- ENVR 3710 Indigenous Environmental Knowledge: Global Perspective (3 credits)
- GEOG 1224 Introduction to Map Use (3 credits)
- GEOG 3700 Wilderness First Aid (1 credit)
- GEOG 3750 Wilderness First Responder (2 credits)
- GEOG 4360 Adventure Programming (3 credits)
or PHED 4360 Adventure Programming (3 credits)

II SKILLS ELECTIVE

Select 2 credits from the following:

- PHED 1100 Skills for Life: [Activity] (1 credit)
- PHED 1114 Skills For Life: Beginning Swimming (1 credit)
- PHED 1115 Skills for Life: Intermediate Swimming (1 credit)
- PHED 1116 Advanced Swimming (1 credit)
- PHED 1120 Skills for Life: Introduction to Sea Kayaking (1 credit)
- PHED 1139 Skills for Life: Beginning Scuba Diving (1 credit)
- PHED 1180 Skills for Life: Canoeing (1 credit)
- PHED 1190 Skills for Life: Sailing (1 credit)
- PHED 1200 Skills for Life: Introduction To Rock Climbing (1 credit)
- PHED 1230 Skills for Life: Yoga (1 credit)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 1260 Skills for Life: Cycling (1 credit)
- PHED 1430 Skills for Life: Archery (1 credit)
- PHED 1520 Skills for Life: Downhill Skiing (1 credit)
- PHED 1530 Skills for Life: Snowboarding (1 credit)
- PHED 1554 Skills for Life: Cross Country Skiing (1 credit)
- PHED 2630 Lifeguard Training (3 credits)
- PHED 2640 Water Safety Instructor (3 credits)

Program Learning Outcomes | Outdoor Leadership

1. complete the Wilderness First Responder certification.
2. acquire the fundamental skills needed for different outdoor recreation disciplines, including proper equipment use and basic techniques.
3. develop essential camping skills, including campsite selection, tent setup, fire building, cooking outdoors, and Leave No Trace principles. They will demonstrate the ability to plan and execute safe and environmentally responsible camping trips.
4. learn and practice safety procedures, risk assessment, and emergency response protocols for all covered activities. They will be capable of planning and executing outdoor adventures with a focus on safety and preparedness, including navigation and first aid skills.

5. develop a deep understanding of Leave No Trace (LNT) principles and ethics. They will be able to apply these principles to minimize their environmental impact while camping, hiking, and engaging in other outdoor activities.