

# REC-OUTDOOR EDUCATION (ODED)

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## ODED 100A Canoeing

**Description:** Introduction to the fundamentals, basic knowledge and skills of canoeing necessary for safe and enjoyable activity.

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

## ODED 100N Challenge Course: Instructor

**Description:** Introduction to becoming a challenge course instructor. Leadership and group dynamics. Fundamentals for safely and effectively leading a group through a full day of low and high element activities to build group cohesion, teamwork, and trust.

**Credit Hours:** 2.00

**Max credits per semester:** 2

**Max credits per degree:** 2

**Format:** LEC

## ODED 103A Indoor Rock Climbing

**Description:** Introduction to the fundamentals, basic knowledge and skills of indoor rock climbing necessary for safe and enjoyable activity.

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

## ODED 105A Kayaking

**Description:** Introduce the novice kayaker to sea kayaking and marine-based travel. Build fundamental paddling skills.

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

## ODED 107A Angling I

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

## ODED 107B Back-country Camping

**Description:** Introduction to the fundamentals, basic knowledge and skills of backpacking and back country travel necessary for safe and enjoyable activity.

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

## ODED 107E Cycling: Indoors

**Description:** Cycling techniques for developing cardiovascular fitness and muscular endurance.

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

## ODED 109B Wilderness First Aid

**Description:** Basic emergency medical skills needed for urban and back country travel. Fundamental skills needed for recognition, treatment, and prevention of medical emergencies.

**Credit Hours:** 2.00

**Max credits per semester:** 2

**Max credits per degree:** 2

**Format:** LEC

## ODED 110A Canoeing II

**Prerequisites:** Beginner or intermediate canoeist.

**Description:** Build on ODED 100A Canoeing I. Canoe travel on moving water. Experience class I and/or II white water.

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

## ODED 110B Wilderness: First Responder

**Description:** Advanced emergency medical techniques and extended patient care skills needed for back country trips, expeditions, and world travel. Build and refine skills needed for recognition, treatment, and prevention of medical emergencies.

**Credit Hours:** 2.00

**Max credits per semester:** 2

**Max credits per degree:** 2

**Format:** LEC

## ODED 113A Outdoor Rock Climbing

**Prerequisites:** Intermediate climber

**Description:** Introduction to the challenge course and/or vertical climbing rescue techniques for the intermediate climber. Fundamentals for safely assisting stranded or injured climbers in vertical environments. Weekend field experience is mandatory.

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

## ODED 117A Angling II

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

## ODED 117B Intermediate Backpacking

**Description:** Backpacking and backcountry travel with an emphasis on expanding fundamental backcountry skills. Designed for the adventurous novice and intermediate backpackers.

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

## ODED 117E Bike Camping

**Description:** Cycling and touring with an emphasis on building fundamental touring skills. Designed for the novice cyclist. Special Fee - \$75

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

**ODED 127B Backpacking III**

**Prerequisites:** Intermediate experience in backpacking and/or back country travel.

**Description:** Experiences for the intermediate backpacker and/or back country traveler. Build and refine back country leadership skills based upon the Wilderness Education Association 18-point curriculum on winter skills.

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

**ODED 127E Cycling III**

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

**ODED 130 Rock Climbing Instructor**

**Prerequisites:** Instructor permission

**Description:** In-depth and standardized skill set needed to effectively instruct the sport of rock climbing in an indoor setting.

**Credit Hours:** 2

**Max credits per semester:** 2

**Max credits per degree:** 2

**Format:** LEC

**ODED 135A Lead Climbing for Rock Climbing**

**Prerequisites:** Instructor permission

**Description:** Intermediate rock climbing fundamentals incorporating skills and judgment necessary to competently lead climb in an indoor rock climbing environment.

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

**ODED 135B Technical Rappelling**

**Description:** Introduction to develop and expand skills and awareness of technical rappelling. Explore a variety of rappel set-ups and develop skills to effectively manage a self-rescue.

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

**ODED 135E Self-Rescue and other Technical Rope Skills**

**Description:** Introduction to help climbers develop and expand personal knowledge and skills associated with multi-pitch climbing.

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

**ODED 137E Bike Maintenance**

**Description:** Introduction to the basic knowledge and skills necessary to perform regular preventative bike maintenance and basic repairs.

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

**ODED 140 Paddling Site Management**

**Prerequisites:** Instructor permission

**Description:** Introduction to the skills needed to effectively lead a group of paddlers in a river environment. Instructional experience leading others in a nuanced technical skill, as well as management of group dynamics.

**Credit Hours:** 1.00

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

**ODED 140A Stand Up Paddle-boarding**

**Description:** Introduction to the emerging sport of Stand Up Paddle-boarding, equipping students with a general ability to efficiently maneuver a paddle-board on flat water.

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

**ODED 150 Rock Climbing Site Management**

**Prerequisites:** Instructor permission

**Description:** Advanced technical skills in rock climbing. Foundations of anchor systems, understanding of forces involved in top-rope climbing, competent use of equipment to manage forces and various anchor systems. Skills in group management and basic rescue techniques.

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 1

**Format:** LEC

**ODED 160 Outdoor Leadership Seminar**

**Prerequisites:** Instructor permission

**Notes:** Out-of-state travel required.

**Description:** Foundational component to introducing the value of the use of adventure as a powerful tool to facilitate development in others utilizing technical skills relevant to the educational human skills expected of adventure leaders. Conducted in various outdoor settings.

**Credit Hours:** 3

**Max credits per semester:** 3

**Max credits per degree:** 3

**Format:** LEC