**REC-OUTDOOR EDUCATION (ODED)**

**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 backcountry 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 backcountry 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 backcountry 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

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