

# REC-OUTDOOR EDUCATION (ODED)

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## ODED 100A Canoeing

**Description:** Introduction to canoeing and canoe camping with an emphasis on building fundamental canoe skills. Develop basic knowledge and skills necessary for safe and comfortable canoe travel/camping while minimizing environmental impacts

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 2

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** Total Seats Needed: 150

## 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:** 1

**Max credits per semester:** 1

**Max credits per degree:** 2

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** \$190

## ODED 103A Indoor Rock Climbing

**Description:** Provides a foundation for rock climbing and fosters an appreciation for climbing as a collection of many different disciplines and skills.

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 2

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** \$175

## ODED 105A Kayaking

**Description:** Introduction to whitewater kayaking with an emphasis on building whitewater kayak skills. Will develop knowledge and skills necessary to navigate Class II whitewater while minimizing environmental impacts.

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 1

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** \$200

## ODED 107A Angling I

**Description:** Learn the fundamentals of fly fishing including the techniques and strategies for utilizing a variety of fly-fishing equipment based on environmental factors. Introductory concepts are designed for beginners with no fly-fishing experience to develop the basic skills necessary for safe and enjoyable fly fishing.

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 2

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** \$95

## ODED 107B Back-country Camping

**Description:** Gain the knowledge and skills necessary to plan and go on a one-two day backpacking trip

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 2

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** Total Seats Needed: 150

## ODED 107E Cycling: Indoors

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

**Credit Hours:** 0-1

**Min credits per semester:**

**Max credits per semester:** 1

**Max credits per degree:** 1

**Grading Option:** Pass No Pass

## ODED 109B Wilderness First Aid

**Description:** Provides a basic foundation for assessment of and care for trauma, medical, and environmental emergencies in the backcountry, more than 1 hour from definitive care.

**Credit Hours:** 2

**Max credits per semester:** 2

**Max credits per degree:** 4

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** \$225

## 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:** 0-1

**Min credits per semester:**

**Max credits per semester:** 1

**Max credits per degree:** 1

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** \$225

## ODED 110B Wilderness: First Responder

**Description:** Provides training for assessment of and care for trauma, medical, and environmental emergencies in the backcountry, more than 1 hour from definitive care.

**Credit Hours:** 2

**Max credits per semester:** 2

**Max credits per degree:** 4

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** \$550

## ODED 113A Outdoor Rock Climbing

**Prerequisites:** Intermediate climber

**Description:** Provides a basic foundation for rock climbing in order to climb outdoors comfortably while building basic skills required to examine and build simple top rope anchors

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 1

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** \$225

### ODED 117A Angling II

**Credit Hours:** 0-1

**Min credits per semester:**

**Max credits per semester:** 1

**Max credits per degree:** 1

**Grading Option:** Pass No Pass

### ODED 117B Intermediate Backpacking

**Description:** Gain the knowledge and skills necessary to plan and go on an extended backpacking trip

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 2

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** \$250

### ODED 117E Bike Camping

**Description:** Designed for students to develop the basic knowledge and skill necessary to go on a one to two day bike-camping trip

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 2

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** Total Seats Needed: 150

### 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:** 0-1

**Min credits per semester:**

**Max credits per semester:** 1

**Max credits per degree:** 1

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** \$525

### ODED 127E Cycling III

**Description:** Develop the basic knowledge and skill necessary to effectively mountain bike.

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 2

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** \$200

### 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

**Grading Option:** Pass No Pass

### 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:** 0-1

**Min credits per semester:**

**Max credits per semester:** 1

**Max credits per degree:** 1

**Grading Option:** Pass No Pass

### 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:** 0-1

**Min credits per semester:**

**Max credits per semester:** 1

**Max credits per degree:** 1

**Grading Option:** Pass No Pass

### 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

**Grading Option:** Pass No Pass

### 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

**Grading Option:** Pass No Pass

### 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:** 0-1

**Min credits per semester:**

**Max credits per semester:** 1

**Max credits per degree:** 1

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** \$200

### ODED 140A Stand Up Paddle-boarding

**Description:** Introduction to stand up paddleboarding (SUP) with an emphasis on building paddling skills. Develop knowledge and skills necessary to navigate flat water lakes while minimizing environmental impacts.

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 1

**Grading Option:** Pass No Pass

**Course and Laboratory Fee:** Total Seats Needed: 150

**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

**Grading Option:** Pass No Pass

**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

**Grading Option:** Pass No Pass