**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:** 1.00
**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 107B 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 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  
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