

UNIVERSITY OF OREGON - PE & REC
OUTDOOR PURSUITS PROGRAM



OVERVIEW OF COURSE OFFERINGS

Check the [ONLINE SCHEDULE](#) for times and dates.

PEO 285 - WILDERNESS SURVIVAL

- our gateway course - \$84

This classroom-based course serves as a prerequisite to all backcountry courses. Topics include thermoregulation, dressing for outdoor comfort and safety, nutrition & hydration, map and compass, environmental injuries, weather & lightning, safety and survival, wilderness management, and backcountry ethics.

Offered: Two courses in F, W, and S.

CLIMBING COURSES

PEO 242 - BOULDERING 1 - \$84

Bouldering 1 introduces students to the world of climbing without the security of a rope. Emphasis is on bouldering safety, skill development and conditioning.

Offered: F, W and S. Prerequisite: none

PEO 251 - ROCK CLIMBING 1 - \$84

This popular course covers the basics of rock climbing. Topics include equipment, knots, belaying, rappelling, and a range of climbing techniques. This course is conducted at the indoor climbing wall.

Offered: F, W, S, and Su.

Prerequisite: none. Equipment is provided.

PEO 252 - ROCK CLIMB FITNESS - \$84

(previously titled Rock Climbing 2)

The focus of this course is on building on the basic climbing skills learned in Rock Climbing 1, with an emphasis on improving conditioning and technique. This course is taught at the indoor climbing wall.

Offered: F, W, S and Su

Prerequisite: Rock 1 or equivalent experience

PEO 331 - OUTDOOR ROCK CLIMBING - \$165

This 2-credit course supplements the skills learned in Rock Climbing 1 and prepares participants for the transition to independent outdoor climbing. The course includes skill reviews, knots, rope handling, protection placement, anchor construction, and basic rescue systems. The highlight of this course is a three-day outing to

Smith Rock State Park, during which there will be plenty of opportunity to build anchors, perform basic rescue techniques, and climb.

Offered: F & S. Check schedule for outing dates.

Prerequisite: Rock Climbing 1 or equivalent.

PEO 341 - INTRODUCTION TO LEAD CLIMBING - \$120

This course covers the basics of lead climbing, with a focus on traditional lead climbing techniques. Topics include belaying the leader, gear placement, anchor construction, anchor management, and lead climbing techniques (with an emphasis on crack climbing).

Offered: Spring Term

Prerequisites: Vertical Rescue Tech. and Instructor consent!

RESCUE COURSES

PEO 315 - BASICS OF TECHNICAL RESCUE - \$84

This term-long on-campus course introduces basic technical skills such as knots, rope work, anchor building, rigging for rescue, raising and lowering systems, litters, carries and improvised rescue techniques.

Offered: Fall Term

Prerequisites: None

PEO 325 - SWIFTWATER SAFETY - \$104

This course is designed for backcountry travelers interested in learning how to safely negotiate shallow and deep swift water streams. Topics include knots, rigging, and rope management techniques; shallow and deep water crossings, zip lines and pendulums.

Offered: Spring Term. Check schedule for outing dates

Prerequisites: Wilderness Survival, basic swimming ability and Departmental consent - mstrong@uoregon.edu

Notes: Students must provide wetsuits, booties, hoods and gloves. Rentals are available locally.

PEO 366 - VERTICAL RESCUE TECHNIQUES - \$120

This two-credit course focuses on technical rescue skills for a single rescuer. Plenty of time is allotted to practicing belay escapes, raising and lowering rescues, and rappelling with an injured person in a "ground school" setting before practicing these skills during the Sa/Su session conducted at the indoor climbing wall.

Offered: Winter Term. Check schedule for outing dates.

Prerequisite: Rock Climbing 3 or Basics of Technical Rescue (or equivalent experience)

PEO 399 - BACKCOUNTRY RESCUE TECHNIQUES - \$165

This three-day scenario-based course (held at Smith Rock State Park) is structured to build upon, refine, and integrate rock, mountain and swift water rescue techniques learned in previous courses.

Offered: Fall Term. Check schedule for outing dates.

Prerequisites: Basics of Technical Rescue, Rock Climbing 3 or equivalent experience, and Instructor consent.

BACKCOUNTRY COURSES

PEO 399 - BACKCOUNTRY CUISINE - \$94

This course teaches students the basics of preparing delicious meals using a backpacking stove. A variety of cooking techniques will be covered - from simple one-pot meals to more extravagant fare such as baking bread and other delights!

Offered: Fall Term. Check schedule for one-day outing date.

Prerequisite: Wilderness Survival and Instructor consent.

PEO 351 - BACKPACKING - \$165

This course is designed for students with little or no backpacking experience. The course includes classroom sessions and a three-day outing to the Oregon Coast. The focus is on learning the basics of backpacking, with an emphasis on packing a pack, improving hiking efficiency, using a backpacking stove and cooking basic meals, erecting a tarp and/or tent shelter, camping and traveling using Leave No Trace (LNT) ethics, and practicing map and compass skills.

Offered: F and S. Check schedule for outing dates.

Prerequisite: Wilderness Survival. Students must pass a fitness test prior to the outing (2-mile run in less than 20 minutes).

PEO 356 - BACKCOUNTRY NAVIGATION - \$165

Class sessions focus on reviewing backcountry navigation skills and preparing students for a demanding three-day backcountry outing. We follow an exciting and challenging route in rugged country that requires the use of intermediate and advanced navigation skills. The route is mostly off trail, near Irish Mountain in the southern part of the Three Sisters Wilderness Area.

Offered: Fall Term. Check schedule for outing dates.

Prerequisites: Backpacking 1 (or equivalent experience) and instructor consent. Students must pass a fitness test prior to the outing (2-mile run in 18 minutes or less).

PEO 288/361 - MTN. PREP/OUTING - \$60 /& \$165

This course sequence is designed for students with little or no mountaineering experience. Mountaineering Preparation prepares participants for the Mountaineering 1 Outing. Several on-campus sessions focus on mountain safety, rigging, rope work, equipment and route information. The three-day mountaineering outing into the Three Sisters Wilderness Area includes opportunities to develop basic snow climbing skills and practice roped rescue techniques.

Offered: Spring Term. Check schedule for outing dates.

Pre/corequisites: Wilderness Survival, Backpacking 1 (or equivalent experience), Rock Climb 1 & Instructor's consent.

PEO 371 - SNOW CAMPING - \$165

This two-credit course includes classroom sessions and a three-day outing in the Oregon Cascades. Topics include cold weather clothing and equipment requirements, snow shelter construction, and a review of cold injuries, thermoregulation, and LNT ethics. The outing provides an opportunity to learn and practice winter camping and travel techniques, snow shelter construction and backcountry route finding techniques.

Offered: Winter Term. Check schedule for outing dates.

Prerequisites: Wilderness Survival and Backpacking (or equivalent experience)

PEO 391 - AVALANCHE SAFETY - \$165

This two-credit course is designed for backcountry travelers. Class sessions consist of lectures on a range of topics relevant to avalanche safety, and prepare students for the outing to Tumalo Mtn. The three-day outing emphasizes backcountry safety and hazard evaluation. You'll have opportunities to dig snow pits and conduct stability tests, and to conduct searches using beacons and probes.

Offered: Winter Term. Check schedule for outing dates.

Prerequisites: Wilderness Survival and Snow Camping (or equivalent experience), and Instructor's consent.

PEO 392 - BACKCOUNTRY SURVIVAL - \$109

If you hike, ski or climb in the mountains, the chances are that eventually you will have to spend an unplanned night in the field. This one-credit course will provide knowledge, skills and experience that may someday save your life!

Offered: Spring Term. Check schedule for outing dates.

Prerequisites: Wilderness Survival, Backpacking (or equivalent experience, and Instructor consent.

PROFESSIONAL COURSES

PEO 411 (399 for fall 2015) - LEADERSHIP DYNAMICS - \$120

This course examines factors and variables that help students become more effective leaders and team members. Students discover how group dynamics, communication, and other factors play an integral role in shaping the personality and character of teams.

Offered: Fall Term. Check schedule for one-day outing date.

Prerequisite: Wilderness Survival and Instructor consent

PEO 412 - FIELD LEADERSHIP - \$165

The course examines the roles and responsibilities of leaders and focuses on field leadership tactics and methods. The three-day outing includes a driver training component, a night hike to a campsite on the Oregon coast, and learning modules emphasizing the development of field leadership skills.

Offered: Winter Term. Check schedule for outing dates.

Prerequisites: Wilderness Survival, Backpacking (or equivalent experience), and Instructor's consent

PEO 413 - LEADING IN NATURE - \$135

This is a great opportunity to learn about the natural history of the region. Course topics include ecological concepts, teaching in outdoor settings, natural history, and environmental interpretation. The highlight of the course is a set of one-day outings focusing on the natural history of coastal and oak savannah ecosystems.

Offered: Winter Term. Check schedule for outing dates.

Prerequisites: Dept. consent -mstrong@uoregon.edu

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