

PE & REC - OUTDOOR PURSUITS PROGRAM - OVERVIEW OF COURSE OFFERINGS - effective Fall Term 2009

Term	Course Title and Description	Prerequisites
1 credit F W S Su	WILDERNESS SURVIVAL is our <i>gateway course</i> and must be passed (C- or better) PRIOR TO participating in our backcountry-oriented courses. Emphasizes navigation, safety and survival.	None
BACKPACKING AND BACKCOUNTRY COURSES		
2 credits Spring	BACKPACKING is designed for students with little or no backpacking experience. Classroom sessions prepare students for an introductory three-day backpacking outing to the Oregon Coast.	WS - Wilderness Survival
1 credit Spring	BACKCOUNTRY SURVIVAL emphasizes constructing emergency shelters, building survival fires and learning a host of other techniques critical to surviving an unexpected night out with minimal gear.	WS & Backpacking or equivalent experience
2 credits Fall	BACKCOUNTRY NAVIGATION develops map and compass skills and other techniques for traveling safely and efficiently off-trail in the context of a three-day outing to a spectacular region of the Three Sisters Wilderness Area.	WS & Bpk. or equivalent experience; Instructor consent
2 credits Winter	SNOWCAMPING introduces students to the art of camping comfortably in winter, with an emphasis on constructing a variety of snow shelters such as igloos, digloos, snow caves and quinzees.	WS & Backpacking or equivalent experience
2 credits Winter	AVALANCHE SAFETY addresses the basics of traveling safely in avalanche terrain. Class sessions explore the influence of weather, terrain, and snowpack on the avalanche hazard. The three-day outing emphasizes beacon use, stability evaluation and rescue techniques. Offered every other year, alternating with the Cascade traverse course.	WS, Snowcamping or equivalent experience; Instructor consent
1 credit Winter	CASCADE TRAVERSE participants travel on snowshoes or skis on a three-day outing across a scenic section of the Oregon Cascades, with the goal of completing either an east to west crossing, or a loop in the Three Sisters Wilderness. Tentative offering for Winter 2010. Offered every other year, alternating with Avalanche Safety.	WS, Snowcamping or equivalent experience; Instructor consent
CLIMBING AND MOUNTAINEERING COURSES		
1 credit F W S Su	ROCK CLIMBING 1 is a term long course that introduces basic skills including climbing techniques, belaying, rappelling, and safety systems. Meets once per week for two hours at the climbing wall.	None
1 credit F W S	ROCK CLIMBING 2 emphasizes fitness and conditioning, improving climbing techniques, and preventing injuries. Meets once per week for the entire term at the indoor climbing wall.	Rock Climbing 1 or equivalent experience
2 credits F & S	ROCK CLIMBING 3 prepares students for independent participation in outdoor rock climbing. Emphasizes protection placement, anchor construction, safety systems, basic rescue techniques and outdoor climbing techniques and hazards. Three-day outing to Smith Rock State Park.	Rock Climbing 1 or equivalent experience
1 credit Spring	INTRODUCTION TO LEAD CLIMBING emphasizes traditional lead climbing techniques at Skinners Butte columns and leading on bolts at the indoor climbing wall. Reinforces anchor building and rescue systems.	Rock Climbing 3 and Instructor consent
2 credits Spring	MOUNTAINEERING PREPARATION & OUTING Several class sessions cover planning, safety, hazards, knots, rope work, and rigging. The three-day outing to the Three Sisters Wilderness area introduces basic skills such as ice ax use, self an team arrests, roped travel, snow anchors and belays, and crampon use (weather permitting).	WS, Backpacking and Rock Climbing 1 or equivalent experience
1 credit Fall	ICE CLIMBING introduces a combination of low-angle and vertical ice climbing techniques in the context of a three-day outing to the Diller Glacier in the Three Sisters Wilderness area.	WS, Bpk and Mtneering; Instructor consent

Term	Course Title and Description	Prerequisites
TECHNICAL RESCUE AND SAFETY COURSES		
1 credit Fall	BASICS OF TECHNICAL RESCUE is a term-long on-campus course that introduces basic technical systems such as knots, rope work, anchor building, rigging for rescue, raising and lowering systems, litters, carries and improvised rescue techniques.	None
2 credits Winter	VERTICAL RESCUE TECHNIQUES covers the skills needed to rescue a climbing partner in a vertical environment. Ground school sessions meet for two hours once per week. Students apply skills to the vertical environment during the on-campus weekend outing.	<i>Basics of Technical Rescue or Rock Climbing 3</i>
1 credit Spring	SWIFTWATER SAFETY TECHNIQUES teaches non-technical and technical techniques for crossing shallow and deep swiftwater streams. Saturday and Sunday outing to Fall Creek.	<i>WS and basic swimming skills</i>
WILDERNESS MEDICINE		
2 credits Fall	WILDERNESS FIRST AID teaches basic first aid skills applied to a wilderness environment. Several class sessions and a Saturday/Sunday outing provide plenty opportunities to gain hands on practice and develop critical assessment and treatment skills. Students earn WFA and CPR certifications.	None
4 credits Summer	WILDERNESS FIRST RESPONDER is an intensive, hands-on first aid training course that teaches participants the skills necessary to assess and treat injuries and handle medical emergencies in a backcountry setting. Conducted over a two-week period in September prior to the start of Fall Term courses. Students earn WFR and CPR certifications.	<i>None. Basic first aid training is recommended</i>
PROFESSIONAL LEADERSHIP TRAINING COURSES		
3 credits Fall	ADVENTURE EDUCATION examines factors and variables that help students become more effective leaders and team members. Students learn how to lead and debrief adventure activities, and discover how group dynamics, communication, and other factors play an integral role in shaping the personality and character of teams.	<i>Instructor's consent</i>
3 credits Winter	PRINCIPLES OF OUTDOOR LEADERSHIP focuses on planning and implementing outdoor pursuits activities. The course examines the roles and responsibilities of leaders, field leadership tactics and methods, risk management planning, and emergency procedures. The three-day outing includes a driver training component, a night hike to a campsite on the Oregon coast, and scenario-based learning modules emphasizing the development of field leadership skills.	<i>WS, Backpacking or equivalent experience. Instructor consent.</i>
3 credits Spring	ENVIRONMENTAL EDUCATION emphasizes learning about the natural history of the region and developing outdoor teaching skills. Includes ecological concepts, teaching in outdoor settings, and natural history. The highlight of the course are field trips to coastal and oak savannah ecosystems. One three-hour class once per week and a Saturday/Sunday outing.	<i>WS, Backpacking or equivalent experience; Instructor consent</i>

OUTDOOR PURSUITS LEADERSHIP TRAINING PROGRAM

The Outdoor Pursuits Leadership Training Program provides training and experience in safe and responsible leadership of outdoor pursuits activities. Visit our leadership page for information: <http://opp.uoregon.edu/leadership/lship.html>

IMPORTANT INFORMATION ABOUT OUR COURSES

- First day attendance is required in ALL of our courses. Absentees will be replaced by non-enrolled students in attendance!
- Wilderness Survival cannot be waived or replaced with an alternate experience/course.

FOR INFORMATION CONTACT

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