



**UNIVERSITY OF OREGON – DEPARTMENT OF PHYSICAL EDUCATION AND RECREATION**

## **OUTDOOR PURSUITS LEADERSHIP TRAINING PROGRAM**

The Outdoor Pursuits Leadership Training Program is designed to provide training and experience in safe and responsible leadership of outdoor pursuits activities. The Program includes skills courses in a variety of land-based outdoor activities, professional development courses, and field leadership (practicum) experiences. Participation in the Program is exciting and challenging, providing opportunities to enhance skills, experience personal growth, develop leadership abilities, and explore the region's exceptionally beautiful and diverse outdoor areas.

Individuals seeking employment as outdoor leaders are strongly encouraged to attain "state of the art" proficiency and appropriate specialty certification in at least one outdoor pursuit. Additional related course work is recommended for students whose goals include professional leadership. Recommended subjects include the natural sciences, athletic injuries, backcountry medicine, business, teaching and counseling.

### **Policies Governing the Leadership Training Program**

- A. The Program consists of a minimum of 26 credits. Participants with exceptional skills and/or recent experience in equivalent courses may negotiate with the Program Director for partial or complete waiver of up to four credit hours of Group 1 (skills courses) requirements. No other exception is allowed since the skills courses provide exposure to current teaching methods and to a variety of teaching styles.
- B. Program participants must achieve a passing grade in all courses. Non-credit courses can be applied towards the leadership training program if the student meets the same course requirements as that of a credit student. This includes meeting attendance requirements and earning a passing grade in course exams, assignments, and other grading criteria.

**LEADERSHIP TRAINING PROGRAM REQUIREMENTS**

**I. SKILLS COURSES - 13 to 15 credits, depending on the combination of courses selected.**

<u>Course Title</u>	<u>Term(s) Offered</u>	<u>Credits</u>
A. Survival - both of the following:		
Wilderness Survival .....	Fall, Winter, Spring .....	1
Backcountry Survival .....	Spring .....	1
B. Backcountry - each of the following:		
Backpacking.....	Fall and Spring.....	2
Backcountry Navigation .....	Fall.....	2
Snowcamping .....	Winter .....	2
In addition - either of the following:		
Mountaineering .....	Spring .....	2
Winter Navigation .....	Winter .....	2
C. Rock Climbing - one of the following:		
Rock Climbing 1 .....	Fall, Winter, Spring, Summer .....	1
Rock Climbing Fitness .....	Fall, Winter and Spring.....	1
Outdoor Rock Climbing .....	Fall and Spring.....	2
D. Technical Rescue/Safety – both of the following:		
Swiftwater Safety .....	Spring .....	1
Basics of Technical Rescue .....	Fall .....	2

## II. WILDERNESS FIRST RESPONDER TRAINING

A **Wilderness First Responder** (WFR) certification is required to lead backcountry outings AND fulfill the requirements of the OPP Leadership Training Program. Documentation of course completion must be submitted to a Director.

NOTE: The University of Oregon does not offer a credit-based Wilderness First Responder course. Leadership students are required to pursue independent training options. Several local options are available.

## III. PROFESSIONAL COURSES - 6 credits

### A. Leadership Dynamics – 2 credits – offered Fall Term only

The emphasis of this course is on helping students become more effective team leaders and group members. Students learn how to debrief adventure activities and discover how leadership strategies, group dynamics, risk management, and other factors play an integral role in shaping the character of teams and promoting group safety. This course is taught experientially with the expectation that students actively participate in all facets of course activities. This lecture-based course also includes an all-day on campus outing, discussions, and small and large group activities.

### B. Field Leadership – 2 credits – offered Winter Term only

This course provides the skills and knowledge necessary for safe and responsible field leadership. Topics include trip planning and preparation, van driver training and transportation issues, campcraft skills and field leadership techniques. The course consists of a lecture/discussion series and a three-day outing.

### C. Leading in Nature – 2 credits – offered Spring Term only

The focus of the course is on the natural history of the regions we explore on program field outings and on developing outdoor teaching and leadership skills. The course components include lecture/discussion/lab sessions and two one-day outings.

## IV. LEADERSHIP EXPERIENCE - 6 credits

Students gain hands on experience by assisting with the leadership of OPP courses and field outings. Consent of a Program Director and Course Instructor is required to participate in a practicum experience. All practicum students enroll in PEL 409-Practicum Outdoor.

### A. Backcountry Outing Leadership - two (2) one-credit assignments

Students are required to lead a **minimum** of two backcountry outings.

NOTE: Outdoor Rock Climbing, Basics of Technical Rescue, Vertical Rescue Techniques, and Backcountry Survival are not considered backcountry outings.

### B. Technical Rescue Leadership - one (1) one-credit assignment

Students are required to lead one (1) technical rescue course. Eligible courses include Basics of Technical Rescue, Vertical Rescue Techniques, and Swiftwater Safety.

### C. Rock Climbing 1 Leadership - two (2) one-credit Rock Climbing 1 assignments.

### D. Elective Practicum Experience – one (1) credit assignment of the student's choice.

NOTES:

1. Students are encouraged to acquire the broadest possible range of experience by leading a variety of activities in different settings and seasons.
2. Leadership responsibilities vary according to the nature of the course, course goals and objectives, the participants, and the terrain and weather conditions.
3. Field leadership experience in excess of the specified requirements is strongly encouraged for students interested in improving their competence and maximizing their employment potential within the realm of outdoor pursuits.

**V. SELECTION CRITERIA AND RESPONSIBILITIES OF LEADERS IN TRAINING**

*A. Selection Criteria:*

1. A passing grade in Wilderness Survival.  
*Exception* – leading non-backcountry courses, unless required by the Course Instructor.
2. A passing grade in the course being led or exceptional experience in an activity area. Preference is given during the selection process to leaders who have completed the OPP course that they have requested to lead.
3. Current wilderness first aid/CPR certifications. Preference is given to leaders with Wilderness First Responder (WFR) certifications. A WFR is required to lead backcountry outings.  
*Exception* – leading non-backcountry courses unless required by the Course Instructor.
4. Van clearance/certification is preferred for courses/outings that require the use of Motor Pool vans.
5. Recent familiarity with the site and route of the outing, preferably as a leader of a previous OPP outing.

*B. Leaders in training are responsible for:*

1. Meeting with the leadership team during scheduled leader meetings to ensure a thorough understanding of leadership responsibilities and to determine the best role for each leader based on needs, interests and abilities.
2. Assisting the Course Instructor with the logistics associated with conducting a course or outing, including: Completing and collecting paperwork; picking up, loading, unloading, and driving vans; conducting equipment and clothing inspections; managing equipment, and other tasks as required by the Course Instructor.
3. Leading, instructing and supervising students in course/outing activities. Responsibilities will not be assigned that are beyond the assistant leader's skill and experience, and without his/her consent. Assistant leaders are responsible for informing the Course Instructor of any factors that may interfere with or limit their ability to accept leadership, instructional, and/or supervisory responsibilities.
4. Conducting post-outing debriefing sessions with field groups as an important component in extracting critical learning events and providing adequate closure to the outing experience.
5. Meeting with the leadership team after the course/outing to critique outing/course leadership and performance, and to assist in student evaluations.

***The Assistant Instructorship – an optional two-credit practicum opportunity***

Students may request an assignment as an Assistant Instructor of a two-credit course. A Program Director and the Course Instructor must approve this assignment. Assistant Instructors are required to participate fully in all campus sessions AND the course outing. The responsibilities associated with this assignment are specified below. Students enroll for a two-credit practicum experience.

***An Assistant Instructor is responsible for:***

1. Meeting with the Course Instructor prior to the beginning of a course to ensure a thorough understanding of course content, schedule, learning outcomes, evaluation procedures, safety policies, procedures and plans, and to determine the assistant instructor's leadership responsibilities based on course needs, and the leader's experience, interests and abilities.
2. Assisting the Course Instructor with the logistics associated with conducting a course or outing, including: Completing and collecting paperwork; picking up, loading/unloading, and driving vans; conducting gear inspections; managing equipment, and other tasks as required by the Course Instructor.
3. Leading, instructing and supervising students in course/outing activities. Responsibilities will not be assigned that are beyond the assistant leader's skill and experience, and without his/her consent. Leaders are responsible for informing the Instructor of any factors that may interfere with or limit their ability to accept leadership, instructional, and/or supervisory responsibilities. It is understood, by the nature of this assignment, that the leader will assume a higher degree of instructional responsibilities and a more interactive teaching role than an assistant leader of the same course.
4. Assisting with the grading of course assignments, assisting in student evaluations, and meeting with the Instructor as required to assess/critique the leader's performance.
5. Meeting with the Course Instructor at the conclusion of the course to assist in course grading, assessing assistant leaders' performances, and providing feedback regarding course content, organization and delivery.