

# OUTDOOR RECREATION INDUSTRY STUDIES (OREC)

## OREC 100 Leave No Trace1 Credit

Exploration of Leave No Trace principles and the history, goals and objectives of the Leave No Trace mission. Includes controversial ideas cornering wildland ethics and impacts of recreational use on wildlands and ecosystems, as well as a Leave No Trace Trainer certification and the ability to lead Leave No Trace Awareness workshops.

**Terms Typically Offered:** Fall, Spring.

## OREC 104 Orienteering1 Credit

Introduction to the science of orienteering. Emphasis on acquiring a respect for the environment by route finding in a "low-impact" manner and gaining the knowledge to comfortably navigate from a map.

**Corequisites:** OREC 105.

**Terms Typically Offered:** Fall, Spring.

## OREC 105 Backpacking1 Credit

Introduction to the basics of backpacking. Foundational technical skills required to successfully and safely perform an overnight backpacking trip in a wilderness setting. Focuses on technical specifications and proper use of equipment, how to properly load and carry a backpack, campsite selection, camp cooking, water treatment and Leave No Trace etiquette.

**Corequisites:** OREC 104.

**Terms Typically Offered:** Fall, Spring.

**Fees:** Yes.

## OREC 108 Stand Up Paddle Boarding1 Credit

Foundational skills required to develop and refine effective Stand Up Paddle Board (SUP) navigation in moving flatwater and lake settings. Focuses on the knowledge of SUP equipment, proper safety precautions, SUP movement, basic hydrology, flatwater self-rescue skills, and overall water and SUP safety.

**Terms Typically Offered:** Fall, Spring.

**Fees:** Yes.

## OREC 109 Kayaking1 Credit

Introduction to basic kayak and water reading skills. Students will learn kayaking safety, hazard evaluation, terminology, whitewater river reading skills, and paddling strokes.

**Terms Typically Offered:** Fall, Spring, Summer.

**Fees:** Yes.

## OREC 110 River Rafting1 Credit

Introduction to whitewater rafting skills and knowledge. Students will learn about river trip planning, safety procedures, equipment, logistics, and minimizing environmental impact.

**Terms Typically Offered:** Fall, Summer.

**Fees:** Yes.

## OREC 112 Rock Climbing III1 Credit

Foundational technical skills required to move into outdoor climbing locations. Focus on teaching an in depth and standardized understanding of the skills essential to progressing into both sport and traditional lead climbing, anchor building, and overall climbing site safety.

**Prerequisites:** KINA 111.

**Terms Typically Offered:** Fall, Spring.

## OREC 135 Backcountry Winter Travel1 Credit

Foundational and technical skills required to travel in the backcountry in winter conditions. Will utilize a variety of travel methods including skis, split boards, snowshoes, and cross country skis. Focus is on proper gear use, travel in extreme cold conditions, proper terrain choices, and winter safety and survival techniques.

**Terms Typically Offered:** Fall, Spring.

**Fees:** Yes.

## OREC 205 Foundations of Outdoor Recreation Industry Studies3 Credits

Exploration of the outdoor recreation industry, including the history, ethics, and principles of this sector. Covers legislation, policy, economics, and theory, and addresses the industry accords of economic development; education and workforce; health and wellness; diversity, equity, and inclusion; and conservation and stewardship. Examines different sectors of the outdoor recreation industry, including outlining job opportunities and industry potential.

**Terms Typically Offered:** Fall, Spring.

## OREC 305 Outdoor Industry Business3 Credits

Examination of leadership, ethics, and organizational culture in outdoor industry businesses, including law and finance, brand management and strategic marketing, innovation and entrepreneurship, product design and service development, liability and risk management and corporate social responsibility. Explores the quantitative and analytical techniques used in product and service-based businesses, including planning and management.

**Prerequisites:** OREC 205.

**Terms Typically Offered:** Fall, Spring.

## OREC 311 Avalanche Rescue Techniques and Theory3 Credits

Theoretical background and essential skills for responding to emergencies and rescues in avalanche terrain, including stability analysis, terrain evaluation, travel techniques and decision-making tools. Advanced search and rescue techniques will be taught.

**Prerequisites:** OREC 135.

**Terms Typically Offered:** Spring.

**Fees:** Yes.

## OREC 312 Swiftwater Rescue Techniques and Theory3 Credits

Theoretical background and essential skills for responding to emergencies and rescues in a moving water environment. Explores swiftwater rescue professional avenues and the evidence basis for modern rescue techniques. Technical rescue skills and wilderness medical consideration are integrated in scenarios where students are challenged to work on individual skills while simultaneously demanding coordinated teamwork.

**Prerequisites:** OREC 108, OREC 109, or OREC 110.

**Terms Typically Offered:** Fall.

**Fees:** Yes.

## OREC 313 Rock Climbing Instructor and Rope Rescue3 Credits

In-depth and standardized understanding of the skills essential to teaching climbing in an outdoor setting and intensive training in rope rescue fundamentals. Prepares students to set-up and manage groups of climbers on technical terrain with non-technical access. Includes the setup of top rope anchors, belay instruction and management, and site evaluation. Reviews current research and the evidence basis for techniques.

**Prerequisites:** OREC 112.

**Terms Typically Offered:** Fall.

**OREC 315 Professional Outdoor Guide3 Credits**

Exploration of minimal impact recreation practices, expedition nutrition and backcountry cooking, technical rescue skills, wilderness safety, and comprehensive and practical training for leaders in remote areas. Topics include the essential principles and skills required to assess and manage a group of people in isolated and extreme environments.

**Prerequisites:** OREC 104, OREC 105, and OREC 112.

**Terms Typically Offered:** Spring.

**OREC 335 Public Lands Management3 Credits**

Exploration of the field of public lands and resource management. Examines the role of federal, state, tribal, and local governments, businesses, non-governmental organizations, recreation users, and wildlife in public lands. Examines histories, current issues, and cultural trends in public lands agencies, as well as policies that govern land management.

**Prerequisites:** OREC 205.

**Terms Typically Offered:** Spring.

**OREC 350 Nature-Based Interventions for Individual and Community Health3 Credits**

Principles that promote physical and emotional wellbeing, social connectedness, and resilience through access to nature and the outdoors. Assessment of equitable access to community outdoor recreation resources. Synthesis of data on the health benefits of nature. Investigation of cross-sector partnerships, with a focus on identifying funding for community health goals.

**Prerequisites:** OREC 205 or SOWK 150.

**Equivalent Course(s):** SOWK 325

**Terms Typically Offered:** Fall.

**OREC 396 Topics1-3 Credits**

Course may be taken multiple times up to maximum of 15 credit hours.

**OREC 405 Outdoor Recreation Leadership, Programming, Education, and Assessment3 Credits**

Practical skills of teaching, facilitation, education, sequencing and assessment of outdoor and adventure activities. Explores leadership as an essential component in the transformation of a group into a high functioning team all focused on a shared goal and outcome.

**Prerequisites:** OREC 205 and two of the following: OREC 311, OREC 312, OREC 313, or OREC 315.

**Terms Typically Offered:** Fall, Spring.

**OREC 494 Outdoor Recreation Industry Studies Senior Seminar1 Credit**

Preparation for a career in the outdoor recreation industry. Includes professionalism, ethics, competitive job application materials, jobs, internships, and current outdoor industry issues.

**Prerequisites:** OREC 205 and Senior Standing.

**Terms Typically Offered:** Fall.

**OREC 499 Internship3-12 Credits**

Course may be taken multiple times up to maximum of 15 credit hours.