

# ADVENTURE EDUCATION (BS)

## Health and Human Enrichment

Students majoring in Adventure Education are preparing for future careers in leadership, instruction, and administrative positions with non-profit and commercial outdoor education, wilderness education, wilderness therapy, therapeutic adventure, developmental, environmental, and recreation programs.

Adventure Education teaches students how to use human powered outdoor activities to expose people to purposeful challenge, high adventure, and new growth opportunities. Students majoring in Adventure Education engage in outdoor activities such as backpacking, rock climbing, canoeing, ropes courses, and mountaineering to systematically learn four broad sets of skills. First, they learn the professional and technical skills to operate competently and safely in demanding outdoor environments. Second, they learn how to teach various outdoor-related lessons that aim to the development of new skills, knowledge or values. Third, they learn how to develop, frame, facilitate and process adventure experiences so that their future clients and students grow personally and professionally. And fourth, they also learn to interpret and teach about the various natural environments they will encounter when teaching in the great outdoors.

Students enrolled in the Adventure Education program take a variety of courses that cover adventure programming history, philosophy, ethics, theory, leadership group behavior and management, group processing and facilitation, experiential pedagogy, wilderness first aid, risk management, legal issues, and program administration.

In their second year, all students in Adventure Education participate in a 15-credit Fall Immersion Semester, which involves wilderness backpacking and canoe camping expeditions lasting 4 to 15 days. They also have the option of spending a semester in the Outdoor Education program at LaTrobe University in Bendigo, Australia or a semester in Norway at the University of South-Eastern Norway in Bø to study *friluftsliv* (Outdoor Life). Adventure Education students can also take courses with the National Outdoor Leadership School (NOLS) that will count toward the completion of their degree in Adventure Education.

Additionally, students are required to complete a minimum of 75 days of documented adventure leadership or instruction prior to their internship Adventure Education Internship (AP 4880) or 30 days prior to their Clinical Adventure Education Clinical (AP 3890). This leadership/instruction experience must occur after the student's formal matriculation into the Adventure Education program. Some of this experience is gained through work at the PSU Outdoor Center SOAR (Student Outdoor Adventure Recreation), CALE (Community Adventure Learning Experiences), and/or Outdoor Orientation programs while most is accrued through summer jobs in outdoor programs.

Many of the field-based courses require additional cost for transportation, food, permits, supplies or equipment rental. To meet these expenses, most field-based courses have fees attached to them. Students can expect to pay between \$925 and \$2,150 in additional course fees to complete the Adventure Education major. The range in cost depends on what optional courses students choose to take throughout their studies in Adventure Education. In addition, students are expected to provide basic personal outdoor clothing and equipment. The program will provide group, technical, technological, and safety gear. Students are also able

to rent outdoor equipment for FREE at the Outdoor Center, which is managed by the Adventure Education program.

## Program Mission

The mission of the Adventure Education program is to provide an environmentally sustainable, academically comprehensive, and technically proficient education for future adventure educators. In addition, the program embraces the University motto *Ut Prosim* (That I may serve) by actively seeking and providing services to the campus and regional community.

*Note:* Because field-based courses may occur on weekends, the schedule for Adventure Education students needs to be carefully planned and may disallow participation in some athletic events and/or affect their availability for working during some weekends.

## Degree Requirements

Course	Title	Credits
<b>Major Requirements</b>		
AP 2010	Foundations of Adventure Education	3
AP 2210	Adventure Education Teaching Theories and Methods	3
AP 2300	Rock Climbing Fundamentals	3
AP 2400	Canoe Paddling Fundamentals	3
AP 2500	Natural History and Ecology for Adventure Educators	3
AP 3320	Adventure Education Philosophy and Theory (WRCO)	3
AP 3500	Adventure Processing and Facilitation	3
AP 3510	Outdoor Skills Clinical	1
AP 4200	Teaching Assistantship in Adventure Education	3
AP 4600	Risk Management in Adventure Education	3
PE 3565	Measurement and Assessment in Physical Education (QRCO,WRCO)	3
<b>Complete the Fall Immersion Semester or NOLS Semester or an Outdoor Life Semester in Norway <sup>1</sup></b>		
AP 3101	Immersion Wilderness Expedition (TECO)	4
AP 3201	Immersion Human-Nature Relationship	3
AP 3301	Immersion Adventure Leadership and Group Management	4
AP 3401	Immersion Wilderness First Responder	4
<b>Adventure Education Activity</b>		
Complete one course from the following:		3
AP 3310	Lead Rock Climbing	
AP 3410	Whitewater Kayaking	
AP 3610	Wilderness Therapy	
AP 3710	Adapted Adventure Programming	
AP 3810	Alpine Mountaineering	
AP 3950	Special Topics in Adventure Education	
<b>Adventure Education Capstone</b>		
Complete one course from the following:		6
AP 4880	Adventure Education Internship <sup>2</sup>	
AP 3880 & AP 3890	Adventure Education Practicum and Adventure Education Clinical <sup>3</sup>	

General Education ( <a href="https://coursecatalog.plymouth.edu/general-education/">https://coursecatalog.plymouth.edu/general-education/</a> )		
EN 1400	Composition	4
IS 1115	Tackling a Wicked Problem	4
MA ( <a href="https://coursecatalog.plymouth.edu/general-education/#MATH">https://coursecatalog.plymouth.edu/general-education/#MATH</a> )	Mathematics Foundations	3-4
CTDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#CTDI">https://coursecatalog.plymouth.edu/general-education/#CTDI</a> )	Creative Thought Direction	3-4
PPDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#PPDI">https://coursecatalog.plymouth.edu/general-education/#PPDI</a> )	Past and Present Direction	3-4
SIDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#SIDI">https://coursecatalog.plymouth.edu/general-education/#SIDI</a> )	Scientific Inquiry Direction	3-4
SSDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#SSDI">https://coursecatalog.plymouth.edu/general-education/#SSDI</a> )	Self and Society Direction	3-4
Directions (choose from CTDI, PPDI, SIDI, SSDI) ( <a href="https://coursecatalog.plymouth.edu/general-education/">https://coursecatalog.plymouth.edu/general-education/</a> ) <sup>4</sup>		4-8
DICO ( <a href="https://coursecatalog.plymouth.edu/general-education/#DICO">https://coursecatalog.plymouth.edu/general-education/#DICO</a> )	Diversity Connection	3-4
GACO ( <a href="https://coursecatalog.plymouth.edu/general-education/#GACO">https://coursecatalog.plymouth.edu/general-education/#GACO</a> )	Global Awareness Connection	3-4
INCP ( <a href="https://coursecatalog.plymouth.edu/general-education/#INCP">https://coursecatalog.plymouth.edu/general-education/#INCP</a> )	Integrated Capstone	3-4
WECO ( <a href="https://coursecatalog.plymouth.edu/general-education/#WECO">https://coursecatalog.plymouth.edu/general-education/#WECO</a> )	Wellness Connection	3-4
Electives		17-22
<b>Total Credits</b>		<b>120</b>

<sup>1</sup> The Immersion courses are offered fall semesters only. NOLS Semester are selected in consultation with the Adventure Education Coordinator. Students selecting the Outdoor Life Semester in Norway will earn credits for AP 3101, AP 3201, AP 3301.

<sup>2</sup> Adventure Education Internship (AP 4880) requires a minimum grade of C in Teaching Assistantship in Adventure Education (AP 4200).

Adventure Education Internship (AP 4880) must be taken before the semester immediately prior to graduation.

<sup>3</sup> Adventure Education Practicum (AP 3880) requires a minimum cumulative grade point average of 2.00.

<sup>4</sup> Directions should total 20 credits (unless the major has a waiver for a specific Direction).

### National Outdoor Leadership School (NOLS)

The wilderness expedition experiences taken at the National Outdoor Leadership School will satisfy some of the following PSU courses. All courses will be evaluated for course content prior to enrollment.

Course	Title	Credits
AP 2309	Rock Climbing Fundamentals	3
AP 2409	Canoe Paddling Fundamentals	3
AP 3109	Wilderness Expedition (not TECO)	4
AP 3309	Adventure Leadership and Group Management	4
AP 3319	Lead Rock Climbing	3
AP 3409	Wilderness First Responder	4
AP 3419	Whitewater Kayaking	3
AP 3709	Winter Backcountry Travel	3
AP 3819	Alpine Mountaineering	3
AP 3959	Special Topics in Adventure Education	3

Credit will be awarded only once for PSU courses or NOLS courses or AMC courses.

## Recommended Course Sequence

Check all course descriptions for prerequisites before planning course schedule. Course sequence is suggested but not required.

To complete the bachelor's degree in 4 years, you must successfully complete a minimum of 15 credits each semester or have a plan to make up credits over the course of the 4 years. For example, if you take 14 credits one semester, you need to take 16 credits in another semester. Credits completed must count toward your program requirements (major, option, minor, certificate, general education or free electives).

Course	Title	Credits
<b>Year One</b>		
EN 1400	Composition	4
IS 1115	Tackling a Wicked Problem	4
MA ( <a href="https://coursecatalog.plymouth.edu/general-education/#MATH">https://coursecatalog.plymouth.edu/general-education/#MATH</a> )	Mathematics Foundations	3-4
AP 2010	Foundations of Adventure Education	3
AP 2210	Adventure Education Teaching Theories and Methods	3
AP 2300	Rock Climbing Fundamentals	3
AP 2400	Canoe Paddling Fundamentals	3
AP 2500	Natural History and Ecology for Adventure Educators	3
CTDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#CTDI">https://coursecatalog.plymouth.edu/general-education/#CTDI</a> )	Creative Thought Direction	3-4

Elective		0-2
<b>Credits</b>		<b>29-33</b>
<b>Year Two</b>		
The Fall Immersion Semester (includes TECO), NOLS Semester, or Outdoor Life Semester in Norway (does not include TECO)		15
AP 3101	Immersion Wilderness Expedition (TECO)	
AP 3201	Immersion Human-Nature Relationship	
AP 3301	Immersion Adventure Leadership and Group Management	
AP 3401	Immersion Wilderness First Responder	
AP 3500	Adventure Processing and Facilitation	3
AP 3510	Outdoor Skills Clinical	1
SSDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#SSDI">https://coursecatalog.plymouth.edu/general-education/#SSDI</a> )	Self and Society Direction	3-4
Directions (choose from CTDI, PPDI, SSDI, SSDI) ( <a href="https://coursecatalog.plymouth.edu/general-education/">https://coursecatalog.plymouth.edu/general-education/</a> ) <sup>1</sup>		4-8
Elective		0-3
<b>Credits</b>		<b>26-34</b>

**Year Three**

Complete one Adventure Education Activity Course from the following:		3
AP 3310	Lead Rock Climbing	
AP 3410	Whitewater Kayaking	
AP 3610	Wilderness Therapy	
AP 3710	Adapted Adventure Programming	
AP 3810	Alpine Mountaineering	
AP 3950	Special Topics in Adventure Education	
AP 3320	Adventure Education Philosophy and Theory (WRCO)	3
PE 3565	Measurement and Assessment in Physical Education (QRCO,WRCO)	3
PPDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#PPDI">https://coursecatalog.plymouth.edu/general-education/#PPDI</a> )	Past and Present Direction	3-4
SIDI ( <a href="https://coursecatalog.plymouth.edu/general-education/#SIDI">https://coursecatalog.plymouth.edu/general-education/#SIDI</a> )	Scientific Inquiry Direction	3-4
GACO ( <a href="https://coursecatalog.plymouth.edu/general-education/#GACO">https://coursecatalog.plymouth.edu/general-education/#GACO</a> )	Global Awareness Connection	3-4
<b>Credits</b>		<b>18-21</b>

**Years Three and Four**

AP 4200	Teaching Assistantship in Adventure Education	3
AP 4600	Risk Management in Adventure Education	3
DICO ( <a href="https://coursecatalog.plymouth.edu/general-education/#DICO">https://coursecatalog.plymouth.edu/general-education/#DICO</a> )	Diversity Connection	3-4

WECO ( <a href="https://coursecatalog.plymouth.edu/general-education/#WECO">https://coursecatalog.plymouth.edu/general-education/#WECO</a> )	Wellness Connection	3-4
<b>Credits</b>		<b>12-14</b>
<b>Year Four</b>		
Complete one Adventure Education Capstone Course from the following:		6
AP 4880	Adventure Education Internship	
AP 3880 & AP 3890	Adventure Education Practicum and Adventure Education Clinical	
INCP ( <a href="https://coursecatalog.plymouth.edu/general-education/#INCP">https://coursecatalog.plymouth.edu/general-education/#INCP</a> )	Integrated Capstone	3-4
Electives		14-20
<b>Credits</b>		<b>23-30</b>
<b>Total Credits</b>		<b>120</b>

<sup>1</sup> Directions should total 20 credits (unless the major has a waiver for a specific Direction).

## Learning Outcomes

The Adventure Education program focuses on safety, challenge, leadership and professional growth. Through a combination of classroom work, internships and field experiences, Adventure Education students also explore the theories, philosophy, history, ethics, and risk management related to Adventure Education. Specific learning outcomes include but are not limited to:

1. Display professional competence in the following outdoor skills: backcountry camping, navigation, leave no trace practices, top rope rock climbing, and canoe paddling.
2. Demonstrate effective leadership skills that include professional ethic, vision, communication, decision making, flexible leadership, and tolerance for adversity.
3. Demonstrate effective teaching skills for a variety of outdoor related lessons.
4. Demonstrate a basic level of ecological literacy in natural environment encounter during the curriculum.
5. Demonstrate backcountry emergency skills at the level of a Wilderness First Responder.
6. Demonstrate competent facilitation skills including assessment of client groups, planning and conducting adventure based learning experiences and promoting transference of learning.

## Career Pathways

Graduates pursue careers in outdoor/adventure leadership, outdoor/adventure education, state and national park outdoor education, therapeutic adventure, environmental education and recreation. Examples of alumni employment include but is not limited to these organizations:

- Education
- Independent School Outdoor Leadership Programs
- Nature-oriented Charter Schools
- Outdoor Education Centers
- Environmental Education Centers

#### 4 Adventure Education (BS)

- The National Outdoor Leadership School (NOLS)
- The National Center for Outdoor Adventure Education
- The Outward Bound Schools
- The Student Conservation Association
- The Appalachian Mountain Club
- National and State Park Nature Interpretation Programs

#### Recreation

- College and University Outdoor Recreation Programs
- Town and City Youth and Adult Recreation Centers
- US Military Base Recreation Programs
- US Forest Service Recreation Programs
- Outdoor Activities Guiding Companies
- Adventure Tourism Industry

#### Therapeutic/Therapy

- Adventure-based Therapy
- Wilderness Therapy
- Adapted Outdoor Adventure Programs
- Veterans Outdoor Adventure-based Programs

#### Developmental

- Cooperate Adventure-based Training & Development Programs
- Youth Development Programs
- The YMCA
- The Boy Scouts of America
- The Girl Scouts of America
- Faith-based Outdoor Adventure-based Programs