

Outdoor Recreation Leadership Minor (23 credits)

Offered by: Recreation Program, Department of Movement Sciences

ORL Minor Coordinator: Dr. Julie Son, jstaffordson@uidaho.edu

Required (10 cr.)

- REC 107 Outdoor Leisure and Adventure Pursuits (3 cr.) Fall & Spring
- REC 108 Orienteering & Navigation (1 cr.) Fall Sec 1 & Spring Sec 2
- REC 290 Wilderness First Responder (3 cr.) Fall Sec 2 & Winter Intersession
- REC 310 Outdoor Adventure Leadership (3 cr.) Fall

Courses selected from the following (9 cr.)

- REC 216 River Recreation and Water Craft Safety (3 cr.) – Fall (alt/even)
- REC 218 Rock Climbing and Mountaineering (3 cr.) – Spring (alt/odd)
- REC 228 Avalanche Fundamentals (2 cr.) – Spring Sec 1 (alt/even)
- REC 229 Swiftwater Rescue Training (2 cr.) – Spring Sec 2 (alt/odd)
- REC 240 Recreation Activities, Programming & Marketing (3 cr.) - Spring
- REC 280 Recreation Practicum (1 cr.) – Fall or Spring
- REC 408 Experiential and Adventure Education (3 cr.) – Spring (alt/even)

Courses selected from the following (4 cr.)

- PEB 106 Individual and Dual Sports: Wall Climbing (1 cr.)
- PEB 106 Individual and Dual Sports: Adv. Wall Climbing (1 cr.)
- PEB 106 Individual and Dual Sports: Fly Tying (1 cr.) Fall
- PEB 106 Individual and Dual Sports: Fly Fishing (1cr.) Fall
- PEB 106 Individual and Dual Sports: Intro/Archery/Hunting (1 cr.)
- PEB 108 Water-Based Sports and Fitness Activities: Scuba (1 cr.)
- REC 222 Cross Country Skiing (1 cr.) – Spring Sec 1 (alt/odd)
- REC 224 Whitewater Rafting (1 cr.) – Spring Sec 2 (alt/even)
- REC 225 Kayaking (1 cr.) – Fall Sec 1 (alt/odd)
- REC 227 Mountain Biking (1 cr.) – Fall Sec 1 (alt/even)
- REC 204/404 Special Topics (course approved by advisor)
- PEB 106 Adventure Racing (1 cr.) – Spring Sec 2

Example Coursework Two-Year Sequencing (multiple options):

Fall EVEN	Spring EVEN	Fall ODD	Spring ODD
REC 107 OLAP	REC 107	REC 107	REC 107
REC 108 Orienteering	REC 108	REC 108	REC 108
REC 216 River & Water Safety	PEB 106: Ad Racing	PEB 106: Fly Fishing	PEB 106: Ad Racing
REC 227 Mtn. Bike	REC 228 AVY	REC 225 Kayaking	REC 218 Rock & Mtneering
REC 290 WFR	REC 240	REC 290 WFR	REC 222 XC Ski
REC 310 OAL	REC 280	REC 310 OAL	REC 229 Swiftwater
REC 280 Practicum	REC 224 Whitewater Rafting	REC 280	REC 240
	REC 408: Exper. Ed.		REC 280
Other PEB 106, 108	Other PEB 106, 108	Other PEB 106, 108	Other PEB 106, 108

*Note: REC 290, Wilderness First Responder (3 cr), is also taught Winter Intersession