

# OUTDOOR STUDIES (ODS)

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## ODS S112 Swiftwater Rescue

1 credit (0.5 +2)

Cross-listed as PE S112 (P/F grades). Introduces skills and equipment necessary for safe travel in and on swiftly moving water. Intensive training in river hydrology, rescue equipment and techniques, boat handling, and self and group contact rescues, leading to international certification as a Swiftwater Rescue Technician I. Students must be in good physical condition.

**Prerequisite:** Acceptance to ODS certificate program or permission.

## ODS S114 Backpacking in Southeast Alaska

1 or 2 credits (0.5-1 +2)

Cross-listed as PE S114 (P/F grades). Introduces skills and equipment required for overnight backpacking trips in SE Alaska in non-winter seasons. Covers selection of personal, group, and safety equipment, and introduces contingency plan concepts. Includes strategies for backcountry cooking. Overnight outings are a required component of the course. Students must be in excellent physical condition.

**Prerequisite:** Acceptance to ODS certificate program or permission.

## ODS S115 Winter Backpacking in Southeast Alaska

1 credit (0.5+2)

Cross-listed as PE S115 (P/F grades). Introduces students to travel and camping in winter. Covers selection of personal, group, and safety equipment for an overnight outing. Emphasizes snow shelter construction and backcountry techniques appropriate for winter conditions. Overnight outings are a required course component. Students must be in excellent physical condition and willing to endure cold, wet, and generally uncomfortable conditions for several days at a time. Students will be required to sign a risk release form and provide their medical history.

**Prerequisite:** Admission to the ODS program.

## ODS S116 Introduction to Rock Climbing

1-2 credits (0.5+ 2-3)

Cross-listed as PE S116 (P/F grades). Introduces the basics of rock climbing in both indoor and outdoor settings. Covers risk assessment, hazard evaluation, equipment, climbing techniques, knots, belaying, rappelling, and top rope anchor setup. Students must be in good physical condition.

**Prerequisite:** Acceptance to ODS certificate program or permission.

## ODS S117 Introduction to Ice Climbing

1-2 credits (0.5+ 2-3)

Cross-listed as PE S117 (P/F grades). An introduction to the basics of top rope ice climbing. Covers risk assessment, hazard evaluation, equipment, ice climbing techniques, knots, belaying, rappelling and top rope anchors. Outings are a required component of the course. Students must be in excellent physical condition, and will be required to sign a risk release form and provide their medical history.

**Prerequisite:** Admission to ODS certificate program.

## ODS S118 Avalanche Evaluation and Theory I

2 credits (1+2)

Cross-listed as PE S118 (P/F grades). Introduces avalanche study, rescue, terrain analysis, snow study and stability evaluation, route finding, decision making, and safe travel. Combines both in-class and field experience as required course components. Students must be in good physical condition.

**Prerequisite:** Acceptance to ODS certificate program or permission.

## ODS S119 Introduction to Fly Fishing, Tying, and Casting

1 credit (0.5+2)

Cross-listed as PE S119 (P/F grades). Introduction to the fundamentals of fly fishing, including gear, casting, fly tying, knots, core ethics, and on-the-water tactics. Requires an Alaska fishing license for class outings.

**Prerequisite:** Admission to any ODS program, or instructor permission.

## ODS S120 Wilderness First Responder

4 credits (2+4)

Cross-listed as PE S120 (P/F grades). This 80-hour curriculum is recognized internationally as the premier medical training and industry standard for outdoor enthusiasts and professionals alike. Offering comprehensive hands-on learning and a utilitarian patient assessment system, the WFR prepares students for responding to medical emergencies in the backcountry.

**Prerequisite:** Acceptance to ODS certificate program.

## ODS S122 Wilderness First Responder Recertification

1 credit (1+1)

Cross-listed as PE S122 (P/F grades). This 25-hour curriculum is the follow up class to the Wilderness First Responder. WFR recertification allows outdoor enthusiasts and professionals alike to remain updated in their wilderness first aid certification and is required every three years to keep the WFR current.

**Prerequisite:** Admission to ODS certificate program.

## ODS S133 Introduction to Sea Kayaking

2 credits (1+2)

Cross-listed as PE S133 (P/F grades). Fundamentals of sea kayaking in Alaska. Introduces commonly used equipment and techniques, and the challenges and hazards found in the activity. Instruction in selecting equipment, trip planning, boat handling, paddling, sea strokes, and rolling and bracing. Emphasizes risk assessment and safety skills. Requires excellent physical condition, backcountry camping skills, and participation in an overnight outing.

**Prerequisite:** Acceptance to ODS certificate program or permission.

## ODS S134 Introduction to Swiftwater Travel

2 credits (0.5+3)

Cross-listed as PE S134. Introduces students to fundamental strokes and maneuvers of whitewater boating. Includes the most commonly used equipment, techniques, and the challenges and hazards found in river travel. Focuses on river and whitewater navigation, safety and risk management, and river running strategies. Students must be in excellent physical condition.

**Prerequisite:** Admission to any ODS program or instructor permission.

**ODS S148 Backcountry Skiing and Snowboarding**

1 credit (0.5+2)

Cross-listed as PE S148 (P/F grades). Presents the skills needed to plan and complete short trips into the backcountry, on days with low avalanche danger, for skiing (alpine and telemark) and snowboarding. Topics covered include gear, modes of travel, map reading for skiers and snowboarders, avalanche and other hazards. Students must be comfortable on advanced off-trail runs at resorts, must be in excellent physical condition, and will be required to sign a risk release form and provide their medical history.

**Prerequisite:** Admissions to ODS certificate program.

**ODS S205 Backcountry Navigation**

2 credits (1+2)

Cross-listed as PE S205 (P/F grades). Covers topics relating to extended backcountry trips and navigation by map and compass. Students acquire skills necessary to plan and carry out multi-day backpacking trips, and learn to use common maps to plan routes through unknown terrain. Student must be in good physical condition. Outings are a required course component.

**Prerequisite:** Acceptance to ODS certificate program or permission.

**ODS S216 Rock Climbing Level II**

1-3 credit (0.5-1 + 2-4)

Cross-listed as PE S216 (P/F grades). Introduces leading and following scenarios, various multi-point anchors, multi-pitch climbing, aid climbing and hauling systems. Emphasis is on safety, route finding, self rescue, and rope management. Includes a required field trip to Canada. Students must be in excellent physical condition, and will be required to sign a risk release form and provide their medical history.

**Prerequisite:** Admission to the ODS program and PE/ODS S116 or S117.

**ODS S217 Ice Climbing Level II**

1-3 credits (0.5-1 + 2-4)

Cross-listed as PE S217 (P/F grades). Builds on the techniques and foundations developed in PE/ODS S117 Intro to Ice Climbing. Frozen waterfalls are the primary venue for practice with leading and following scenarios, a variety of anchors, and multi-pitch climbing. Emphasizes safety, route finding, self-rescue, and rope management. Students will have the opportunity to practice mock leading. Students must be in excellent physical condition.

**Prerequisite:** Admission to the ODS program and ODS/PE S116 or S117.

**ODS S218 Avalanche Evaluation and Theory Level II**

2 credits (1+2)

Cross-listed as PE S218 (P/F grades). An advanced avalanche field study for experienced recreationalists or entry-level professionals. Topics include rescue for leaders, metamorphism and forecasting, field notes and weather records, mountain weather, advanced terrain, steep and sluff, snowpit and fracture profiles, snowpack failure and release, avalanche dynamics, research, glaciers and ice avalanches, and advanced practical field exercises, tests, techniques, and experiments. Students must be in excellent physical condition, and will be required to sign a risk release form and provide their medical history.

**Prerequisite:** Admission to the ODS program and PE S118/ODS S118.

**ODS S219 Intermediate Fly Fishing, Tying, and Casting**

2 credits (1+2)

Cross-listed as PE S219 (P/F grades). Introduces the experienced student to more advanced skills. Learn how fish interact with their environment and search for food. Develop strategies in casting skills, insect identification, and water conditions, so the right fly can be cast to the right place at the right time. Course combines in-class activities, outdoor experiences, and project formulation designed to develop a working relationship with other students. Must have a current Alaska fishing license.

**Prerequisite:** Admission to the ODS program and PE S119/ODS S119.

**ODS S221 Glacier Travel and Crevasse Rescue Fundamentals**

2 credits (1+2)

Cross-listed as PE S221 (P/F grades). An introduction to the fundamentals of glacier travel and crevasse rescue. Topics include hazard evaluation and risk assessment, selection of personal gear, climbing and safety gear necessary for glacier travel. Knots, rope handling, belay, rappelling, and various climbing, glacier travel and crevasse rescue techniques will be discussed. Students must be in excellent physical condition, and will be required to sign a risk release form and provide their medical history.

**Prerequisite:** Admission to ODS certificate program, and PE S117/ODS S117.

**ODS S222 Mountaineering I**

2 credits (0.5+3)

Cross-listed as PE S222 (P/F grades). Builds on skills taught in ice and rock climbing and glacier travel courses. Topics include risk assessment, backcountry travel, gear selection and use, belays, anchors in rock, snow, ice, and vegetation; route selection, and descending techniques. Includes technical and/or semi-technical ascents of peaks in the Juneau area. Students must be in excellent physical condition and willing to endure cold, wet, and generally uncomfortable conditions for a few days at a time. Students will be required to sign a risk release form and provide their medical history.

**Prerequisite:** Admission to the ODS program, and PE/ODS S116, S117 and S221.

**ODS S233 Expedition Sea Kayaking**

1 or 2 credits (0.5+ 2-4)

Cross-listed as PE S233 (P/F grades). Fundamentals of sea kayaking in Alaska are reviewed, then applied by an expedition on the waters of the Inside Passage. Covers commonly used equipment and techniques, and the challenges and hazards of the activity. Instruction in selecting equipment, trip planning, tides, navigation, boat handling, paddling, sea strokes, rolling and bracing. Emphasizes risk assessment and safety skills. Requires excellent physical condition, backcountry camping skills, and participation in a multi-day overnight outing. May be repeated for up to 3 credits.

**Prerequisite:** Admission to the ODS program and ODS/PE S133.

**ODS S243 Outdoor Studies and Leadership**

3 credits (2+2)

Introduces a theoretical and practical foundation for developing a personal and professional leadership style. Students will be exposed to diverse topics within the outdoor industry such as outdoor leadership, group dynamics and decision-making, risk management, environmental ethics, and experiential education. Field outings are a required component of this course.

**Prerequisite:** Admission to any ODS program or instructor permission.

**ODS S245 Outdoor Studies Expedition I**

3 or 4 credits (0.5+ 6 or 9)

A student-designed and instructor-facilitated experience, it presents an opportunity for ODS students to apply and hone their outdoor leadership skills in a 5 to 21 day expedition in Alaska or Canada. Overnight outings are a required component of the course. Pass/Fail grading.

**Prerequisite:** ODS S243.

**ODS S372 Mountain Studies: Philosophy, Literature, and Practice**

4 credits (3+2)

A rich culture surrounds mountain activities such as climbing and skiing. Students learn the history, traditions, and mythology of mountain exploration and sport through the study of literary and philosophical texts relating to these activities. Study is enhanced by students spending time in the field, learning skills and experiencing the mountain environment. Students must be prepared to spend significant amounts of time outside in the field and in inclement weather.

**Prerequisite:** Admission to an ODS Program, or upper division standing, or instructor permission.

**ODS S373 Ocean Studies: Images of the Environment**

4 credits (3+2)

Interdisciplinary approaches to the variety of images created about and by the people and environment of the ocean. The course will analyze conceptualizations of the ocean as expressed in a number of media such as film, art, literature, travel journals and oral tradition employing methodologies from many disciplines. As a final requirement of the course, students will plan and carry out an overnight outing with sea kayaks.

**Prerequisite:** Admission to an ODS Program or upper standing; and ODS/PE S114 and ODS/PE S133 or concurrent enrollment; or instructor permission.

**ODS S390 Selected Topics in Outdoor Studies**

3 credits (3+0)

Focused study of a particular topic, area of study, problem, or issue in the field of Outdoor Studies. Specific topic is announced in the semester course schedule. May be repeated for credit when the content varies.

**Prerequisite:** Program admission or instructor permission.

**ODS S444 Expedition Planning and Leadership**

2 credits (2+0)

This penultimate progression in the Outdoor Studies emphasis four-year program initiates students to the process of planning and leading wilderness expeditions. Students will assist in planning and organizing a major expedition to be carried out in the capstone course ODS S445.

**Prerequisite:** Admission to the BA or BLA emphasis in Outdoor Studies, and advisor approval.

**ODS S445 Outdoor Studies Expedition II: Major Expedition**

2-4 credits (0+ 4-8)

In this final course in the Outdoor Studies emphasis of a BA or BLA program, degree capstone students will lead and evaluate a major expedition, implementing all relevant technical and theoretical skills developed through four years of Outdoor Studies programming.

**Prerequisite:** ODS S444 and advisor approval.

**ODS S499 ODS Capstone Thesis**