Health Exercise Studies Outdoor (HESO)

**HESO 253 Orienteering** (1 credit hours)
Navigating on foot from defined point to defined point, with use of map and compass in the shortest possible time.

**GEP Health and Exercise Studies**
Typically offered in Fall and Spring

**HESO 255 Basic Canoeing** (1 credit hours)
Instruction and experience in flatwater canoe skills; emphasizing paddling skills, safety, flat and moving water travel techniques and proper equipment selection. Plan and participate in one required weekend fieldtrip. Additional charge assessed for the fieldtrip. Refer to the online schedule of classes for the current charge.

Prerequisite: Basic swimming ability required

**GEP Health and Exercise Studies**
Typically offered in Fall and Spring

**HESO 257 Backpacking** (1 credit hours)
Designed for students with little or no backpacking experience. Safe and environmentally-sound camping practices. Equipment/clothing, first aid and safety management agencies, land navigation, and trip planning. Plan and participate in one required weekend fieldtrip. Additional charge assessed for the fieldtrip. Refer to online schedule of classes for the current charge.

Prerequisite: Must pass basic fitness test

**GEP Health and Exercise Studies**
Typically offered in Fall and Spring

**HESO 258 Basic Rock Climbing** (1 credit hours)
Instruction and directed experience for the beginning rock climber. Emphasis on safe rope systems for belaying and basic movement on rock.

**GEP Health and Exercise Studies**
Typically offered in Fall, Spring, and Summer

**HESO 259 Intermediate Rock Climbing** (1 credit hours)
Development of intermediate rock climbing skills and practices including: climbing safety, belaying techniques, anchor systems, partner and self-rescue, rappelling and ascending techniques, minimal impact climbing, and climbing hazards. Participate in one required weekend fieldtrip. Additional charge assessed for the fieldtrip. Refer to the online schedule of classes for the current charge.

Prerequisite: HESO 258

**GEP Health and Exercise Studies**
Typically offered in Fall and Spring

**HESO 262 Introduction to Whitewater Canoeing** (1 credit hours)
Instruction and direct experience in fundamental whitewater canoeing skills. Basic paddling strokes and maneuvers for use on whitewater, river safety, basic river rescue, equipment selection and care, and environmental ethics. Participate in one required weekend fieldtrip. Additional charge assessed for the fieldtrip. Refer to the online schedule of classes for the current charge.

Prerequisite: HESO 255, Intermediate swimming ability required

**GEP Health and Exercise Studies**
Typically offered in Fall only

**HESO 263 Whitewater Kayaking** (1 credit hours)
This class is designed for students with little or no whitewater kayaking experience to develop basic kayaking skills and help them become proficient paddlers. Topics will include whitewater safety, equipment use and care, paddle strokes and river running techniques, basic rescue techniques, kayak navigation, basic hydrology, and trip planning. Participate in one required weekend fieldtrip. Additional charge assessed for the fieldtrip. Refer to the online schedule of classes for the current charge. Students must pass swim test to participate in course.

Prerequisite: Intermediate swimming ability

**GEP Health and Exercise Studies**
Typically offered in Fall and Spring

**HESO 266 Whitewater Rafting** (1 credit hours)
Whitewater rafting skills and practices emphasizing safe river travel, minimal impact river camping techniques, and trip planning. Participate in one required weekend fieldtrip. Additional charge assessed for the fieldtrip. Refer to PackTracks for the current charge.

Prerequisite: Intermediate swimming ability required

**GEP Health and Exercise Studies**
Typically offered in Spring only

**HESO 277 Mountain Biking** (1 credit hours)
Bike handling, minimal impact trail riding skills, safety, fitness, basic maintenance and repair, and equipment selection. Students must provide their own bike, helmet, protective equipment, and clothing.

**GEP Health and Exercise Studies**
Typically offered in Fall and Spring

**HESO 281 Challenge Course and Team Building Facilitation** (1 credit hours)
Participants are introduced to ropes and group initiative courses including a variety of adventure games, initiatives, love and high ropes course events. Safety, risk management issues and facilitation techniques are presented and discussed. Transportation is provided to and from the challenge course by the department. An additional charge is assessed for the course. Refer to the online schedule of classes for the current charge and field trip date(s).

Prerequisite: HESO 258 or equivalent skills

**GEP Health and Exercise Studies**
Typically offered in Spring only
HESO 283  Mountaineering  (1 credit hours)
Instruction and experience in alpine climbing skills emphasizing snow and ice travel, safety, land navigation, winter hazard evaluation, minimal impact camping skills, and equipment selection. Three full-day classroom sessions before the trip required. Plan and participate in a ten-day field trip over winter break. Additional charge assessed for the field trip with a non-refundable deposit. Refer to the online schedule of classes for the current charge. Final grades will not post until the second week of January. In the interim, a grade of LA will be given. December-graduating seniors should be aware this will delay graduation clearance and posting of degrees.

Prerequisite: HESO 258, HESO 257

GEP Health and Exercise Studies
Typically offered in Spring only

HESO 284  Sea Kayaking  (1 credit hours)
Instruction and experience in basic sea kayaking skills. Emphasis on paddling techniques, open water travel, navigation, minimal impact camping, safety, fitness, equipment selection and trip planning. Plan and participate in one required field trip. Additional charge assessed for the field trip with a non-refundable deposit. Refer to the online schedule of classes for the current charge.

Prerequisite: Intermediate swimming ability

GEP Health and Exercise Studies
Typically offered in Fall and Spring