

# Health Exercise Studies Outdoor (HESO)

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## **HESO 255 Canoeing** (1 credit hours)

Instruction and experience in 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 Rock Climbing 1** (1 credit hours)

Instruction and direct experience for the beginning rock climber. Emphasis on safe rope systems for belaying and climbing movement on rock.

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

## **HESO 259 Rock Climbing 2** (1 credit hours)

Development of gym to crag 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 Whitewater Canoeing** (1 credit hours)

Instruction and skill development of fundamental whitewater canoeing skills. 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 field trip. Additional charge assessed for the field trip. 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 276 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 278 Fly-Fishing** (1 credit hours)

Instruction and experience in basic fly-fishing skills. Emphasis on casting techniques, tackle selection, habitat evaluation, minimal impact travel, safety, fitness, equipment selection and trip planning. Basic swimming ability and field trip required. Transportation provided by the Physical Education Department. Charge required with a non-refundable deposit.

Prerequisite: Basic swimming ability  
*GEP Health and Exercise Studies*  
*Typically offered in Fall and Spring*

## **HESO 283 Mountaineering** (2 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. Several classroom sessions will be conducted prior to the trip. Plan and participate in a ten-day field trip over spring break. Additional charge assessed for the field trip with a non-refundable deposit. Refer to the online schedule of classes for the current charge.

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*

**HESO 296 Wilderness First Responder Internship Experience** (1 credit hours)

This course provides students the opportunity to gain real world experiences and a certification relevant to their academic and career goals in Outdoor Leadership. The Wilderness First Responder (WFR) certification is the industry standard in medical training for professionals who work and play in the outdoors and in wilderness settings. The Wilderness First Responder Internship Experience is an 80 hour 9-10 day course run through an outside provider (i.e., NOLS, SOLO, WMA). Upon successful completion of the WFR certification, students may earn one credit hour as an elective for the Outdoor Leadership Minor. Additional course charges apply (i.e., certification course fee, transportation to outside provider, lodging during the course, food, liability insurance, etc.) and must be arranged by the student. The charges vary depending on the provider and the location of the course. This course does not fulfill the HES GEP requirement.

R: Must be enrolled in Outdoor Leadership (OL) Minor Program

*Typically offered in Fall, Spring, and Summer*