Outdoor Leadership (Minor)

To see more about what you will learn in this program, visit the Learning Outcomes website (https://apps.oirp.ncsu.edu/pgas/).

The Department of Health and Exercise Studies offers a 16 credit hour minor in outdoor leadership that is designed for undergraduate students desiring to pursue careers as outdoor leaders of adventure-based programs or for those who wish to enhance their personal development and enjoyment. Students will develop a foundation of essential leadership skills and experience through course work focusing on outdoor skills and leadership training. Students will also have an opportunity to apply theory to practice through a practicum.

Recent practicum experiences include:

- Leading an ecotour to Mexico
- Leading fall break rock climbing expeditions
- Leading spring break backpacking expeditions
- Co-leading the Diversity and Inclusion Adventure Experience

For more information about this program, visit our website: https://hes.dasa.ncsu.edu/minor-programs/outdoor-leadership/

To be admitted to the program, a student must have a GPA of at least 2.0. Application for admission to any University minor program is now available via MyPack Portal. Admission will be based upon the student's academic record, and in most cases no longer requires departmental review. To apply to Add a Minor, go to: https://go.ncsu.edu/minor_coda/.

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Plan Requirements

- Complete a minimum of 16 hours of coursework in the following areas.
- A grade of "C-" or better required in each course.
- A minimum overall GPA of 2.0 in the minor.
- There are 5 required courses, totaling 11 semester hours.
- The remaining credit hours consist of 5 elective courses selected from a list of outdoor specific offerings.
- A student enrolled in the Outdoor Leadership minor can expect to incur program costs up to $500.00 or more. Costs will vary and are dependent on the courses(s) in which students are enrolled. Program costs help defray program expenses including guides, transportation, food, campground fees, and specialized equipment rental when required.

• A maximum of TWO (2) course may be used (double-counted) towards both departmental major requirements and minor requirements.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>HESM/PRT 214</td>
<td>Foundations in Outdoor Leadership and Adventure Education (PEO)</td>
<td>3</td>
</tr>
<tr>
<td>HESM/PRT 215</td>
<td>Principles and Practices of Outdoor Leadership (PEO)</td>
<td>3</td>
</tr>
<tr>
<td>HESM 216</td>
<td>Backcountry Instruction Methodology (PEO)</td>
<td>2</td>
</tr>
<tr>
<td>HESM 280</td>
<td>Responding to Emergencies (PEO)</td>
<td>2</td>
</tr>
<tr>
<td>HESM 302</td>
<td>Practicum Experience in Outdoor Programs (PEO)</td>
<td>1</td>
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Elective Courses

Select five of the following: 5

- HESA 223 Lifeguard Training (PE)
- HESA 226 Skin and Scuba Diving I (PE)
- HESA 227 Skin & Scuba Diving II (PE)
- HESO 253 Orienteering (PE)
- HESO 255 Canoeing (PE)
- HESO 257 Backpacking (PE)
- HESO 258 Rock Climbing 1 (PE)
- HESO 259 Rock Climbing 2 (PE)
- HESO 262 Whitewater Canoeing (PE)
- HESO 263 Whitewater Kayaking (PE)
- HESO 276 Whitewater Rafting (PE)
- HESO 277 Mountain Biking (PE)
- HESO 283 Mountaineering (PE)
- HESO 284 Sea Kayaking (PE)
- HESO 278 Fly-Fishing (PE)
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>HESO 281</td>
<td>Challenge Course and Team Building Facilitation (PE)</td>
<td>16</td>
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</tbody>
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1. must have permission of the instructor
2. The Challenge Course Programming course cannot be applied towards the university physical education requirement.