

Outdoor Leadership (Minor)

The Department of Health and Exercise Studies offers a minor in Outdoor Leadership. It is designed for undergraduate students wishing to enhance their personal development and enjoyment of adventure based programs and those desiring the pursue careers as outdoor leaders. Students will develop a foundation of essential leadership skills and experience through course work focusing on outdoor skills and leadership training. Students will gain an appreciation for both the natural environment in which the outdoor activities take place and the diverse backgrounds and inclusivity of participants associated with the activities. Students will also have an opportunity to apply theory to practice through the practicum experience taken at North Carolina State University.

Recent practicum experiences include:

- Assisting Health and Exercise Studies Outdoor activity classes
- Scout camp leaders
- Rock climbing gym instruction
- Co-leading the Diversity and Inclusion Adventure Experience

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. Go to the Add a Minor (<https://studentservices.ncsu.edu/your-degree/coda-home/add-a-minor/>) page to apply.

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

Contact

Department of Health and Exercise Studies

North Carolina State University
Campus Box 8111
Raleigh, NC 27695-8111

Dr. Tommy Holden

Teaching Professor and Outdoor Leadership Minor Coordinator
North Carolina State University, Box 8111
1172D Wellness and Recreation Center
Raleigh, NC 27695-8111
tommy_holden@ncsu.edu

Plan Requirements

Complete a minimum of 15 hours of coursework in the following areas.
A grade of "C-" or better in each course.

A minimum overall GPA of 2.0 in the minor.

There are four (4) required courses, totaling ten (10) credit hours.
The remaining credit hours consist of five (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 from \$350 up to \$900.00 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 minimum of 10 credit hours must be completed at NC State including the practicum.

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

Code	Title	Hours
Required Courses (10 credit hours)		
HESM/PRT 214	Foundations in Outdoor Leadership and Adventure Education	3
HESM 315	Challenge Course and Team Building Facilitation	3
HESM 316	Outdoor Education Pedagogy	3
HESM 402	Practicum Experience in Outdoor Programs (Prerequisites: HESM 214, HESM 315, HESM 316 and First Aid/CPR certification or equivalent. Must have permission from the instructor to register.)	1
Elective Courses (at least 5 credit hours)		5-6
Select five of the following:		
HESO 255	Canoeing	
HESO 257	Backpacking	
HESO 258	Rock Climbing 1	
HESO 259	Rock Climbing 2	
HESO 262	Whitewater Canoeing	
HESO 263	Whitewater Kayaking	
HESO 276	Whitewater Rafting	
HESO 277	Mountain Biking	
HESO 278	Fly-Fishing	
HESO 283	Mountaineering	
HESO 284	Sea Kayaking	
HESO 296	Wilderness First Responder Internship Experience	
Total Hours		15-16