

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 to 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

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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 course(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	Counts towards
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		

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HESO 296 Wilderness
First Responder
Internship
Experience

Total Hours 15-16