

ODS S112 – Swiftwater Rescue (Cross-listed as PE S112)

Upon successful completion of this course, students will be able to:

1. Identify and utilize standard water rescue equipment.
2. Describe with examples skills required in white water reading and hazard assessment.
3. Demonstrate basic whitewater rescue skills: knots, mechanical advantage, and in-water rescues.
4. Identify and employ rope rescue systems.

ODS S114 – Backpacking in Southeast Alaska (Cross-listed as PE S114)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with backpacking in Southeast Alaska and demonstrate, in the field, knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for backpacking equipment.
3. Identify steps for prevention, recognition, and treatment of hypothermia.
4. Employ navigation and travel techniques for backcountry travel on trail systems.
5. Employ effective backcountry cooking techniques and identify common hazards associated with backcountry cooking.
6. Identify and employ minimal impact practices.

ODS S115 – Winter Backpacking in Southeast Alaska (Cross-listed as PE S115)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with winter backpacking in Southeast Alaska and demonstrate, in the field, knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for winter backpacking equipment.
3. Identify steps for prevention, recognition, and treatment of hypothermia and frostbite.
4. Demonstrate avalanche evaluation and rescue techniques at an avalanche awareness level.
5. Employ navigation and travel techniques for backcountry travel on trail systems in winter.
6. Employ effective backcountry cooking techniques and identify common hazards associated with backcountry cooking.
7. Build appropriate snow shelters.
8. Identify and employ minimal impact practices.

ODS S116 – Introduction to Rock Climbing (Cross-listed as PE S116)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with rock climbing and demonstrate, in the field, knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for rock climbing equipment.
3. Tie selected knots and know their uses in climbing.
4. Demonstrate the proper principles of building and using top-rope anchors.
5. Demonstrate belay techniques.
6. Demonstrate techniques of ascent and descent.

ODS S117 – Ice Climbing (Cross-listed as PE S117)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with ice climbing and demonstrate, in the field, knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for ice climbing equipment.
3. Tie selected knots and know their uses in climbing.
4. Demonstrate the proper principles of building and using top-rope anchors.
5. Demonstrate belay techniques.
6. Demonstrate techniques of ascent and descent in crampons.

ODS S118 – Avalanche Hazard and Recognition (Cross-listed as PE S118)

Upon successful completion of this course, students will be able to:

1. Select and defend a safe route to minimize avalanche exposure using avalanche travel protocols.
2. Recognize and explain instabilities in the snowpack using observations and tests.
3. Interpret and draw elementary pit profiles, including methods involving hand hardness, basic grain type and stability tests.
4. Apply simple decision tools in avalanche terrain.
5. Conduct a mock companion recovery.

ODS S119 – Introduction to Fly Fishing, Tying, and Casting (Cross-listed as PE S119)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with fly-fishing and demonstrate, in the field, knowledge of appropriate risk management techniques
2. Provide a brief historical overview of fly-fishing.
3. Demonstrate proper selection of, use, and care for fly-fishing equipment.
4. Demonstrate basic fly-fishing techniques.
5. Identify and practice minimal impact practices.

ODS S120 – Wilderness First Responder (Cross-listed as PE S120)

Upon successful completion of this course, students will be able to:

1. Demonstrate understanding of the obligations and limitations of care at the WFR level.
2. Provide full assessments of patients at the WFR level.
3. Provide treatment and care for patients in a wilderness setting at a level appropriate to WFR training.

ODS S133 – Introduction to Sea Kayaking (Cross-listed as PE S133)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with sea kayaking and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for sea kayaking equipment.
3. Write a float plan.
4. Identify considerations in loading and rigging a sea kayak.
5. Demonstrate basic techniques for launching, landing, entry, and exit of kayaks.
6. Demonstrate kayak strokes and maneuvering.
7. Perform wet exits, self-rescue and partner-rescue techniques.

ODS S148 – Backcountry Skiing and Snowboarding (Cross-listed as PE S148)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with backcountry riding and demonstrate knowledge of appropriate risk management techniques
2. Give a brief historical overview of backcountry riding.
3. Demonstrate proper selection of, use, and care for backcountry riding equipment.
4. Demonstrate basic backcountry skiing/snowboarding travel techniques.
5. Demonstrate avalanche evaluation and rescue techniques at an avalanche awareness level.
6. Prepare and trip plan for backcountry skiing /snowboarding on a day with minimal avalanche risk.

ODS S205 – Backcountry Navigation and Travel (Cross-listed as PE S205)

1. Upon successful completion of this course, students will be able to:
2. Identify risks and hazards associated with travel away from the trail or road system and demonstrate knowledge of appropriate risk management techniques.
3. Demonstrate the ability to use a topographic map and a compass to plan and follow routes in the backcountry.

ODS S216 – Rock Climbing Level 2 (Cross-listed as PE S216)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with rock climbing and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for rock climbing equipment.
3. Tie selected knots and know their uses in climbing.
4. Demonstrate the proper principles of building and using anchors.
5. Place and clean protective gear as one is climbing.
6. Demonstrate belay techniques.
7. Demonstrate rock climbing techniques.

ODS S217 – Ice Climbing Level 2 (Cross-listed as PE S217)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with ice climbing and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for ice climbing equipment.
3. Tie selected knots and know their uses in climbing.
4. Demonstrate the proper principles of building and using top-rope anchors.
5. Demonstrate belay techniques.
6. Demonstrate techniques of ascent and descent in crampons and using ice tools on steep ice.
7. Build proper ice anchors.
8. Demonstrate technical skill in placing protection and anchor points and while climbing.

ODS S218 – Avalanche Hazard and Evaluation – Level 2 (Cross-listed as PE S218)

Upon successful completion of this course, students will be able to:

1. Plan group travel and systematically manage hazards in avalanche terrain.
2. Observe and record field observations.
3. Perform and document a test profile.
4. Forecast instability and danger rating based on snowpack and weather conditions and trends.
5. Demonstrate effective communication and actions regarding human factors in all elements.
6. Conduct mock multiple-burial companion recovery.

ODS S219 – Intermediate Fly Fishing, Tying, and Casting (Cross-listed as PE 219)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with fly-fishing and demonstrate knowledge of appropriate risk management techniques
2. Give a brief historical overview of fly fishing.
3. Demonstrate proper selection of, use, and care for fly-fishing equipment.
4. Demonstrate basic fly-fishing techniques that take into account complex weather and water conditions.
5. Demonstrate knowledge of how fish interact with their environment and find food.
6. Identify and practice minimal impact practices.

ODS S221 – Glacier Travel and Crevasse Rescue Fundamentals (Cross-listed as PE 221)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with glacier travel and demonstrate knowledge of appropriate risk management techniques
2. Demonstrate proper selection of, use, and care for typical glacier travel gear.
3. Tie selected knots and know their uses in glacier travel and rescue and demonstrate a proper belay.
4. Demonstrate proper crampon technique.
5. Build snow and ice anchors in a variety of conditions.
6. Demonstrate self-rescue and partner-rescue techniques.

ODS S222 Mountaineering 1 (Cross-listed as PE S222)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with mountaineering and demonstrate knowledge of appropriate risk management techniques
2. Identify typical features of the mountain environment.
3. Demonstrate proper selection of, use, and care for standard mountaineering equipment.
4. Demonstrate basic technical skills: knots, belay, ice ax, and crampon use in a variety of conditions.
5. Demonstrate how to build snow anchors.
6. Demonstrate a basic understanding of mountain weather patterns and activities appropriate to weather conditions.
7. Demonstrate techniques for dealing with extreme weather.

ODS S233 – Expedition Sea Kayaking (Cross-listed as PE 233)

Upon successful completion of this course, students will be able to:

1. Identify risks and hazards associated with sea kayaking and demonstrate knowledge of appropriate risk management techniques.
2. Demonstrate proper selection of, use, and care for sea kayaking equipment.
3. Write a float plan covering multi-day trips.
4. Identify considerations in loading and rigging a sea kayak.
5. Demonstrate basic techniques for launching, landing, entry, and exit of kayaks.
6. Demonstrate kayak strokes and maneuvering.
7. Perform wet exits, self-rescue and partner-rescue techniques.
8. Plan and implement multi-day sea kayaking trips paying attention to navigation, tides and weather conditions.

ODS S243 – Introduction to Outdoor Leadership

Upon successful completion of this course, students will be able to:

1. List and explain current theories of teambuilding, decision making, and problem solving in outdoor group settings.
2. List and explain legal obligations of professional leadership in a backcountry setting.
3. List and demonstrate requirements of professional leadership roles in outdoor settings.

ODS S244 – Outdoor Leadership

Upon successful completion of this course, students will be able to:

1. List and explain current theories of teambuilding, decision making, and problem solving in outdoor group settings.
2. List and explain legal obligations of professional leadership in a backcountry setting.
3. List and demonstrate the requirements of professional leadership roles in outdoor settings.
4. Describe and demonstrate strategies useful for a thoughtful approach to issues and personal goals relating to outdoor pursuits.
5. Develop and plan a significant outdoor expedition.
6. Develop a fitness and nutrition plan suitable to prepare one for a significant outdoor expedition