# OUTDOOR EDUCATION & LEADERSHIP MAJOR (B.S.)

https://chhs.unh.edu/kinesiology/program/bs/outdoor-education-leadership-major

## Description

The outdoor education and leadership major is an accredited, award-winning, internationally recognized program preparing students for careers in outdoor education, adventure programming, wilderness therapy, outdoor programming, and other educational/organizational settings. In addition to providing rich course content, this interdisciplinary program gives ample opportunity for practical application and field experience in the New Hampshire seacoast and White Mountains areas. Students must earn a grade of C (2.0) or better in every major course. In addition, they must complete 50 days of documented leadership experience prior to beginning a required internship. Interested students should contact the undergraduate coordinator, Nate Fitch, nate.fitch@unh.edu.

Students in outdoor education complete OUT 650B Internship in Outdoor Education & Leadership as the capstone course for the major. This course integrates the knowledge and skills learned in all previous major courses and experiences into practical applications students will use as they prepare to enter the profession. Students complete their internships at regional and national organizations upon completion of all other courses and prerequisites.

## Requirements

### Major Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>OUT 444C</td>
<td>AMPED UP: Social and Psychological Perspectives on Adventure ¹</td>
<td>4</td>
</tr>
<tr>
<td>or OUT 551</td>
<td>Adventure Programming: Backcountry Based Experience</td>
<td></td>
</tr>
<tr>
<td>OUT 540</td>
<td>Top Rope Rock Climbing</td>
<td>4</td>
</tr>
<tr>
<td>OUT 541</td>
<td>Management of Challenge Courses</td>
<td>4</td>
</tr>
<tr>
<td>OUT 543</td>
<td>Winter Adventure Programming</td>
<td>2</td>
</tr>
<tr>
<td>or OUT 548</td>
<td>Winter Expedition Programming</td>
<td></td>
</tr>
<tr>
<td>OUT 550</td>
<td>Outdoor Education Philosophy and Methods</td>
<td>4</td>
</tr>
<tr>
<td>OUT 552</td>
<td>Adventure Programming: Water Based Experiences</td>
<td>4</td>
</tr>
<tr>
<td>OUT 681</td>
<td>Theory of Adventure Education</td>
<td>4</td>
</tr>
<tr>
<td>OUT 682</td>
<td>Experiential Teaching and Leadership</td>
<td>4</td>
</tr>
<tr>
<td>OUT 686</td>
<td>Wilderness Emergency Medical Care</td>
<td>4</td>
</tr>
<tr>
<td>OUT 687</td>
<td>Career and Professional Development Practicum</td>
<td>4</td>
</tr>
<tr>
<td>OUT 786</td>
<td>Organization and Administration of Outdoor Education Programs</td>
<td>4</td>
</tr>
</tbody>
</table>

### Senior Capstone Experience

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>OUT 650B</td>
<td>Internship in Outdoor Education &amp; Leadership</td>
<td>4-8</td>
</tr>
</tbody>
</table>

### Elective Courses

Select at least two of the following: 4-8

- OUT 539 Artificial Climbing Wall Management
- OUT 542 Sea Kayaking

### Cognate Requirement

Select 16 credits - related core of courses or minor ³ 16

### Total Credits

66-74

¹ Participation in one of UNH's pre-orientation programs (CONNECT, PAWS, PROVES, Marine Immersion, etc.) is a recommended experience when taking OUT 444C AMPED UP: Social and Psychological Perspectives on Adventure in the fall semester.

² Proof of 50 days of leadership experience is required prior to taking this course.

³ Core of courses emphasizing the particular area or population in outdoor education of interest to student, e.g., business, education, psychology, social work (selected with the assistance of an adviser).

## Degree Plan

### Recommended Major Sequencing of Courses

This list only includes major classes. Students should be registered for, and taking an average of 16 credits per semester to be 'on track' to graduate in 4 years. In most semesters, this means a student will be taking Discovery or elective courses, to meet this 16 credit 'load'.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 401</td>
<td>First-Year Writing</td>
<td>4</td>
</tr>
<tr>
<td>OUT 444C or OUT 551</td>
<td>AMPED UP: Social and Psychological Perspectives on Adventure or Adventure Programming: Backcountry Based Experience</td>
<td>4</td>
</tr>
<tr>
<td>OUT 515</td>
<td>History of Outdoor Pursuits in North America</td>
<td>4</td>
</tr>
<tr>
<td>OUT 540</td>
<td>Top Rope Rock Climbing</td>
<td>4</td>
</tr>
<tr>
<td>OUT 552</td>
<td>Adventure Programming: Water Based Experiences</td>
<td>4</td>
</tr>
<tr>
<td>Outdoor Education Elective ¹</td>
<td></td>
<td>4</td>
</tr>
</tbody>
</table>

### First Year

**Fall**

- OUT 444C AMPED UP: Social and Psychological Perspectives on Adventure
- OUT 515 History of Outdoor Pursuits in North America

**Spring**

- OUT 552 Adventure Programming: Water Based Experiences
- Outdoor Education Elective

### Second Year

**Fall**

- OUT 541 Management of Challenge Courses
- OUT 550 Outdoor Education Philosophy and Methods
- OUT 686 Wilderness Emergency Medical Care

**Credits**

16
Outdoor Education & Leadership Major (B.S.)

Spring

Choose One: 2-4
- OUT 543 Winter Adventure Programming 2
- or OUT 548 Winter Expedition Programming
- OUT 548 Winter Expedition Programming 4

Outdoor Education Elective 1 2-4

Credits 10-14

Third Year

Fall

- OUT 682 Experiential Teaching and Leadership 4
- Minor or Outdoor Education Elective 1 4
- Choose One: 4

Credits 12

Spring

- OUT 681 Theory of Adventure Education 4
- OUT 687 Career and Professional Development Practicum 4
- Minor or Outdoor Education Elective 1 4-8

Credits 12-16

Fourth Year

Fall

- Minor or Outdoor Education Elective 1 4-8

Credits 4-8

Spring

- OUT 786 Organization and Administration of Outdoor Education Programs 4
- Minor or Outdoor Education Elective 1 4-8

Credits 8-12

Total Credits 86-102

1 Outdoor Education Electives:
- OUT 539 Artificial Climbing Wall Management (2 CR)
- OUT 542 Sea Kayaking
- OUT 545 High Angle Rescue
- OUT 546 Whitewater Canoeing
- OUT 547 Lead Rock Climbing
- OUT 549 Wilderness Navigation
- OUT 782 Therapeutic Applications of Adventure Programming
- KIN 693 Teaching Assistantship
- KIN 798 Special Topics

2 Internship

The final requirement for a degree in Outdoor Education is the completion of OUT 650B Internship in Outdoor Education & Leadership, which is an internship that is a minimum of 400 hours in duration. Students will typically complete this requirement after their final semester. We encourage students to seek paid professional positions to fulfill this final requirement. Often, students' internships lead directly to full-time jobs with their host organizations.