

# Outdoor Leadership Program

## Outdoor Leadership Classes

### **LED 201: Principles of Leadership**

Basic principles of leadership, including leadership theory, the relational leadership model, the context of leadership in groups, and ethics and leadership. Through discussion, lecture, research, readings and activities, students will be challenged to think critically and imaginatively about the foundations of leadership. Students will be responsible for crafting their own model of leadership that reflects the material covered in the course.

Credits: 1

### **LED 202: Leadership Seminar**

This course will expand on the theories and models of leadership that were covered in LED 201 through interactive discussions with local, state, regional, and national leaders. Speakers will be from a variety of backgrounds, including (but not limited to) education, politics, law, business, and non-profits. The discussions will take place both on-campus and at off-site locations.

Credits: 1

Prerequisites: [LED 201](#)

### **OLP 120: Biking**

Basics of biking with emphasis on appropriate gear, basic bike maintenance, trip planning (including risk management and logistics), and developing competence in basic biking skills. Preference will be given to students who have declared a concentration in outdoor leadership.

Credits: 1

### **OLP 122: Paddling**

Different modes of paddling, including canoeing, kayaking, and stand-up paddle boarding with emphasis on appropriate gear, trip planning, risk management, and logistics. Students will achieve basic competence in paddling skills. Preference will be given to students who have declared a concentration in outdoor leadership.

Credits: 1

### **OLP 124: Sailing**

An introduction to skippering a keelboat of approximately 16 to 27 feet in length by day in light to moderate winds in different lake conditions. Students will learn basic sailing terminology, parts and functions, helm commands, basic sail trim, points of sail, buoyage, seamanship, and safety (including basic navigation rules to avoid collisions and hazards). Preference will be given to students who have declared a concentration in outdoor leadership.

Credits: 1

### **OLP 125: Disc Golf**

Disc Golf is a course designed to introduce students to basic disc golf skills and knowledge. The course includes instruction concerning the basic skills of the game as well as technique, strategy and etiquette. Emphasis will be placed on an understanding of the game and its basic rules and regulations.

Credits: 1

### **OLP 126: Backpacking**

Basics of backpacking with emphasis on appropriate gear, trip planning and logistics, risk management, and developing competence in basic backpacking and camping skills. Preference will be given to students who have declared a concentration in outdoor leadership.

Credits: 1

**OLP 128: Rock Climbing**

Basics of rock climbing with emphasis on appropriate gear, knots, climb site risk management, trip planning and logistics, and developing competence in basic rock climbing skills. Preference will be given to students who have declared a concentration in outdoor leadership.

Credits: 1

**OLP 130: Scuba**

Upon completion of this course, students will be certified in Self Contained Underwater Breathing Apparatus or SCUBA. Students will learn SCUBA concepts in the classroom, dive techniques in the pool, and check out dives with instructors in open water. Preference will be given to students who have declared a concentration in outdoor leadership.

Credits: 1

**OLP 150: Outdoor Leadership**

Principles and practices of leadership in experiential education with emphasis on being an efficient, safe, and ethical leader. Students will share leadership duties in a three day, two night outdoor experience with their peers putting their gained leadership skills to use in the outdoors.

Credits: 3

Prerequisites: Must have gone on at least two LEAP weekend activities and have written approval from instructors of those activities.

**OLP 160: Fishing**

This is a beginner's level introduction to conventional fishing and fly fishing the beautiful waters of Arkansas. You will learn about fishing equipment, basic knot tying, local aquatic insect life, the hydraulics of a stream, different baits, and how to tie your own flies and how properly cast. For the trip final, we will go on a full day/multi-day fishing trip and put the skills you mastered to use.

Credits: 1

**OLP 205: Wilderness First Responder (WFR)**

Examination of the tools required to make critical decisions in remote locations. Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will challenge the student to integrate learning. After course completion, students will be certified as Wilderness First Responders. This course will be offered in January before the spring semester, as a summer course in May, or as a spring break course. Preference for admission into this class will be given to students who have declared a concentration in outdoor leadership.

Credits: 3

**OLP 210: Wilderness First Aid (WFA)**

Examination of the tools required to make critical decisions in remote locations. Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will challenge the student to integrate learning. After course completion, students will be certified with a Wilderness First Aid certificate. This course will be offered as a weekend course. Preference for admission into this class will be given to students who have declared a concentration in Outdoor Leadership.

Credits: 1

**OLP 282: Special Topics**

This course allows students to take additional course work in outdoor leadership.

Credits: 1 - 3

**OLP 301: Outdoor Leadership Internship\***

This course is designed for students to take knowledge gained from leadership courses and apply it in the field. Students will plan and lead multiple LEAP events throughout the semester.

\* Students may also take the internship at another school/agency in the summer.

Credits: 1 - 3

**OLP 320: Outdoor Education Travel: Variable Topics**

Study of various topics in outdoor education. Includes 1-day to 2 week outdoor education trip. Prerequisites will vary.

\*Students may also take the internship at another school/agency in the summer.

Credits: 1 - 3