Redefining Higher Education

osu.edu/recsports
## Course Offerings

### Activity Courses

<table>
<thead>
<tr>
<th>Course title</th>
<th>Term(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canoeing</td>
<td>Spring, Fall</td>
</tr>
<tr>
<td>Challenge Course Experience</td>
<td>Fall, Winter, Spring</td>
</tr>
<tr>
<td>Bouldering</td>
<td>Fall, Winter, Spring</td>
</tr>
<tr>
<td>Wilderness First Aid</td>
<td>Winter, Spring</td>
</tr>
<tr>
<td>Wilderness Living Techniques</td>
<td>Fall, Winter, Spring</td>
</tr>
<tr>
<td>Rock 1</td>
<td>Fall, Winter, Spring, Summer</td>
</tr>
<tr>
<td>Rock 2</td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>Rock 3</td>
<td>Winter</td>
</tr>
<tr>
<td>Mountaineering 1</td>
<td>Winter, Spring</td>
</tr>
<tr>
<td>Mountaineering 2</td>
<td>Winter</td>
</tr>
<tr>
<td>Ice Climbing</td>
<td>Fall</td>
</tr>
<tr>
<td>Backpacking</td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>Winter Backcountry Travel</td>
<td>Winter</td>
</tr>
<tr>
<td>Rafting</td>
<td>Fall</td>
</tr>
<tr>
<td>Canyoneering</td>
<td>Summer</td>
</tr>
<tr>
<td>Technical Rappeling</td>
<td>Winter</td>
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</tbody>
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### Leadership Courses

<table>
<thead>
<tr>
<th>Course title</th>
<th>Term(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro to Adventure Learning</td>
<td>Fall, Winter, Spring and Summer</td>
</tr>
<tr>
<td>Back Country Leadership</td>
<td>Winter</td>
</tr>
<tr>
<td>Group Dynamics</td>
<td>Winter</td>
</tr>
<tr>
<td>Challenge Course Facilitation</td>
<td>Fall, Winter, Spring, Summer</td>
</tr>
<tr>
<td>Challenge Course Technician</td>
<td>Fall, Winter, Spring, Summer</td>
</tr>
<tr>
<td>Teaching Techniques for Land</td>
<td>Fall, Winter, Spring, Summer</td>
</tr>
<tr>
<td>Teaching Techniques for Water</td>
<td>Fall, Winter, Spring, Summer</td>
</tr>
<tr>
<td>Teaching Techniques for CC</td>
<td>Winter, Spring</td>
</tr>
</tbody>
</table>

### Professional Courses

<table>
<thead>
<tr>
<th>Course title</th>
<th>Term(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wilderness First Responder</td>
<td>Fall, Winter Break, &amp; Spring Break</td>
</tr>
<tr>
<td>Raft Guide School</td>
<td>Summer</td>
</tr>
<tr>
<td>White Water Rescue</td>
<td>Spring</td>
</tr>
<tr>
<td>Climbing Wall Instructor Course</td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>Sport Climbing Instructor</td>
<td>Fall</td>
</tr>
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We are educators who develop and change students using experience as our textbook and the outdoors as our classroom.

The art of teaching is the art of answering questions and saying enough but not too much.

- John Holt

Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

- Mark Twain
What is the ALI?

The Adventure Leadership Institute (ALI) is a dynamic laboratory made up of programs, services, and facilities intended to develop students into competent leaders. Our focus is adventure leadership and experiential education. An ALI student is grounded in theory, educated in both technical and leadership skills, refined by real experience, and tuned by reflection and mentorship. Students who complete certificates in the institute are poised for success in adventure and in life.

The ALI program is designed for Oregon State students who have interest in making adventure education a part
of their college experience. The program is for both the students who wish to develop into leaders in the outdoors as well as those who just wish to have an outdoor experience. A student can take advantage of activity courses without obligation to continue along the leadership track. The program is designed to allow users to choose their own challenge, and to push themselves as far as they wish. For some getting a chance to go white water rafting or rock climbing may be as in-depth as they want to go, others may take an introductory course to gain experience toward becoming a guide or facilitator.
We invite you to become a part of ALI...

Ultimately, the programming and experience that you have in the ALI program will be dictated by your goals and determination.

**Our Philosophy:**
The Adventure Leadership Institute utilizes theories which serve as the foundation for program design and outcomes. Current research dictates that educational outcomes and developmental outcomes are equally essential and intertwined in the endeavors of higher education. Our programs offer intentional, purposeful and directed experiences that enhance learning and contribute to the scholarly development of Oregon State University students.
Program Goals:

• Create a compelling experiential learning environment
• Increase the adaptive capacity of students to solve problems
• Contribute to developing intellectual, physical and interpersonal competence
• Employ robust reflective processes as core to the learning experience
• Use the outdoor learning environment as a way to foster the development of self-identity
• Contribute to the development of student leaders through opportunities to practice guiding and facilitation skills
Certificates:

The main focus of the ALI program is the certificate progression. As you work your way through the course offerings within the ALI you will work toward fulfilling the requirements for various certificate levels. At each certificate level you will progress through new classes that help you become both competent with the technical skills involved as well as learn to be a leader in experiential education and outdoor recreation. Technical skills will be acquired through the various activity and professional course offerings; whereas the theory behind experiential education and the skills to manage groups will be introduced and practiced in the academic courses.
The Certificate Process:

Credit courses:

Activity
Activity courses are a jumping off point for the ALI program. They range from introductory courses that teach fundamental skills to advanced courses that teach highly technical skills. These courses provide the bulk of the technical knowledge that will be needed/used in later stages in the ALI leader/facilitator track.

Leadership
Adventure courses are used in conjunction with higher level activity courses to prepare trip leaders and facilitators with the theory and group management skills that they will need to be successful experiential educators.
Professional
Unlike the other course offerings in the ALI program, the professional courses provide certifications from a number of nationally recognized organizations. Examples of some of the organizations we certify with or use standards from are listed below:

• PCIA Climbing Wall Instructor
• PCIA Sport Climbing Instructor
• SOLO Wilderness First Aid
• SOLO Wilderness First Responder
• ACA Raft Guide Training
• ACA White Water Rescue
• LNT Awareness Work Shop
• LNT Trainer
• ACCT Level 1 Facilitator
• ACCT Level 2 Facilitator
Field Experience:

Teaching Assistants, Clubs, Non-credit Trips, Challenge Course

As you move through the ALI you will have the opportunity to assist and lead various field experiences. These leadership roles will help you polish skills and refine your techniques in the field.

Trip Leaders and Facilitators:
The two tracks within the certificate program are focused on providing you with the skills needed to manage groups in an experiential education setting. The Facilitator Track is designed to help you become proficient in group management and dynamics. The Trip Leader Track is built to help you acquire the skills and techniques needed to operate in a leadership role in the wilderness. The tracks are not mutually exclusive, and many of you will find that courses in both tracks help you develop as a leader.
Level 1
The Level 1 Certificate is an introduction to the ALI program and serves to create a foundation that subsequent classes will build upon. The courses to complete a Level 1 Certificate are experience based and will serve to introduce the skills and theory behind later course offerings. This is the minimum level required to assist with field experiences and courses. (see pgs. 16 and 17)

Level 2
The Level 2 Certificate is less based on activity courses and emphasizes more theoretical and academic components. In order to complete a Level 2 Certificate the student will be required to gain documented leadership experience through assisting in the delivery of field experiences and activity courses. This is the minimum level required to lead trips and activities independently.
Level 3

Those of you who work toward completing the Level 3 Certificate will take on the responsibility of delivering the material for some of the activity courses, while under supervision of the program advisor. The program advisor will work with you each week to ensure that the content and delivery of materials for activity courses is appropriate for the course. You will also be responsible for leading and documenting field experiences. If you achieve this level, you are working at a professional level and you will be able to deliver many of the courses and or certifications within the institute.
Tribe Leader Track

Courses

- Introduction to Adventure Programming
- Wilderness First Aid
- Wilderness Living Techniques
- Backpacking
- Wilderness First Responder
- Backcountry Leadership
- Land or Water Based Teaching Techniques
- Group Dynamics and Facilitation

Experience

- Two Activity Courses
- Four Activity Courses
- Assist/Lead Four Outings
- Lead Ten Outings

Level 1 Certificate

Level 2 Certificate

Level 3 Certificate

2 days of field time = 1 outing
Facilitator Track

Courses

- Introduction to Adventure Programming
- Challenge Course Experience
- Climbing Wall Instructor Course
- Level 1 Certificate

- CC Facilitation
- Group Dynamics
- CC Technician
- Level 2 Certificate

- Teaching techniques for CC
- Level 3 Certificate

Experience

- Shadow four programs
- Level 1 Certificate
- Portfolio
- Level 2 Certificate
- Assist four programs
- Level 3 Certificate
- Lead ten programs

8 hours of client contact = 1 program

*You can find these classes under PAC + EXSS
Non-credit courses, trips and clinics:
Courses that you can take that do not result in academic credit. These courses range from Climbing Wall Instructor courses to Whitewater Rafting courses and Ski/Snowboard tech classes.

Experiential Education:
Take your education out of the classroom. We use adventure and challenge catalysts to teach skills that have a real-world application. Adventure activities promote learning in areas of leadership, planning, communication, problem-solving and teamwork. Our staff can help you plan a practical experience to complement a course of study, to pursue group goals, or just for fun.
Custom or contract groups:

____ Challenge Course
From student organizations to Resident Halls, the challenge course can get your group interacting all while pushing personal limits and creating lasting memories.

____ Indoor Climbing Center
Want to add some spice to an event or party? Include our climbing center in your plans and get your group off the ground!

____ Adventure Trips
Provides the frame work for constructing a custom trip that suits your group’s needs. We provide the gear and guides to make your trip a success.
Additional Programs and Services Continued:

OSU Outdoor Adventure Club:
Provides an opportunity for the OSU community to go on adventure trips led by ALI students

Bike/Ski & Snowboard shop:
Recourses, tools, and techs help students learn to maintain and repair bikes, skis and snowboards

Outdoor Equipment Rental:
Provides the OSU community with the equipment and gear needed for personal outings

Snow Shuttle:
Weekly shuttle to a local ski resort during winter term, tickets and lessons can also be purchased
Facilities:

Outdoor Recreation Center:
The ORC is a resource for students and faculty to rent outdoor equipment, and receive information about local recreation. The ORC also houses the on campus bike, ski and snowboard shop and serves as a gateway to the outing portion of the ALI by providing information about the trips and enrolling participants.

Indoor Climbing Center:
The Indoor Climbing Center serves as both a classroom for our climbing related classes as well as an experiential opportunity for students to learn a new skill and be introduced to the ALI program.

Challenge Course:
The Challenge Course serves as the arena for the facilitator track in the ALI program. Students with interest in becoming a facilitator will take introductory courses...
Facilities Continued:

through advanced professional courses at the Challenge Course. As well it serves as the facility for rental programming.

Mc Alexander Fieldhouse:
Coming soon! We are in the process of expanding our facility to include more climbing area, an indoor challenge course, more teaching space and enhanced opportunities for students.
Experience/Employment opportunities:

With experience being a key component of your learning, employment and internships are available. These are hands down the coolest jobs on campus!

- Teaching assistants for activity classes
- Trip leaders for club outings
- Indoor Climbing Center staff
- Outdoor Recreation Center staff
- Challenge Course Staff
Get Involved:

So you want to get involved with the ALI program? The first step is to talk with an advisor for the program. To get in touch with an advisor find the “contact an advisor” link under the adventure section of our web site, or stop by the Outdoor Rec Center in Dixon and request more information.

oregonstate.edu/recsports
This publication will be made in accessible format upon request. Please call 541-737-7096