Adventure Leadership Institute (ALI)

"redefining higher education"

oregonstate.edu/recsports
# Course Offerings

*(Activity Courses)*

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<th>Course Title</th>
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# Leadership Courses

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# Professional Courses

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Adventure Leadership Institute (ALI)

We are educators who develop and change students using experience as our textbook and the outdoors as our classroom.

“...but I feel nothing but gratitude that I have found a niche in the university, where people actually care about my growth as a human being. You are actively saving the world with your approach to teaching young people and helping them grow to reach their full potential. No joke.”

- Jake, ALI Student
What is The Adventure Leadership Institute?

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 an 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.

"I think this has been the hardest, most mentally demanding trip I’ve ever been on with ALI, yet I still had loads of fun, and gained a bunch of new skills from the experience."

- Emily, ALI Student
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. 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 progress through new classes that help you become both competent with the technical skills involved as well as learning 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.

“...Nothing is more real life...than the ALI program.”

- Sam, ALI Student
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.

“Now, however, I feel like I belong.”
-Emily, ALI Student
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 Workshop
- 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 programs. (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.
Welcome to the A.L.I. Student Handbook

The Adventure Leadership Institute is an interdisciplinary program housed within the College of Health and Human Sciences at Oregon State University. Our academic courses are offered by HHS, and our activity courses are offered by PAC.

Frequently Asked Questions

1. What College is the Adventure Leadership Institute housed in?
   A: The A.L.I. is housed within the College of Health and Human Sciences.

2. What academic courses are offered by A.L.I.?
   A: Our academic courses are offered by HHS, and our activity courses are offered by PAC.

3. Do you have to have any experience to get involved?
   A: No! All you need is a desire to get involved; we will show you all you need to know to do the rest.

4. What if I already have experience or a certification?
   A: If you think you have equivalent certification or experience for a class or series of classes, all you need to do is show documented proof of formal education or training, and we will evaluate it and award you the appropriate credit.

5. Who can take courses, and/or work towards a certificate?
   A: Any current OSU student can take courses and/or work towards a certificate.

6. What do I get out of the A.L.I. program?
   A: The main difference is experience. Several of the classes result in certification at national levels through various organizations. As well, if you have interest in guiding for the program or developing your guiding resume this is a wonderful way of doing that and developing your experience and developing group management skills.

7. Where can I get more information?
   A: Stop by the Outdoor Recreation Center located in Onon, or find us on the Oursite web site (http://oregonstate.edu/oursports).
Trip Leader Track

Level 1 Certificate
- Introduction to Adventure Programing
- Wilderness First Aid
- Wilderness Living Techniques
- Backpacking
- Wilderness First Responder
- Backcountry Leadership

2 days of field time = 1 outing

Level 2 Certificate
- Land or Water Based Teaching Techniques
- Group Dynamics and Facilitation

Level 3 Certificate
- Assist/Lead Four Outings
- Lead Ten Outings
Facilitator Track

- Introduction to Adventure Programming
- Challenge Course Experience
- Climbing Wall Instructor Course
- Shadow four programs

**Level 1 Certificate**

- CC Facilitation
- Group Dynamics
- CC Technician
- Portfolio
- Assist four programs

**Level 2 Certificate**

- Teaching techniques for CC
- Lead ten programs

**Level 3 Certificate**

*You can find these classes under PAC + EXSS

8 hours of client contact = 1 program
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 to just have fun.
Custom or contract groups:

**Challenge Course**
From student organizations to resident halls, the challenge course can get your group interacting, 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 framework 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 Facilities Continued:

**OSU 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
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.

Dixon Climbing Center:
At over 7000 sq ft. of climbing surface, the DCC features a universally accessible rappel station and loads of great lead climbing terrain. 42.5 ft tall walls and three different types of surface help make this premier training facility.

MacAlexander (MAC) Climbing Center:
A unique wall oriented towards instruction with stations for teaching crevasse rescue gear placement and multi-pitch climbing. With 4,500 square feet and a 60 foot long bouldering wall, the MAC Climbing Center is the place to go to hone your skills.

just opened, check it out!
Facilities Continued:

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 through advanced professional courses held at the OSU Challenge Course. As well, it serves as the facility for rental programming.
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
Want to get involved in some ADVENTURE?

**Challenge Course Staff**

While working with a variety of groups at the OSU challenge course you’ll see participants stepping out of their comfort zones and celebrating their individual and group successes. By following the facilitator track you will be running low course elements or operating the high course zip line, all the while gaining valuable skills in group facilitation and leadership. Come explore the challenge course and its unique and life changing potential.

Requirements:
- ALI Level One Facilitator Certificate
- Climbing Wall Instructor Certification

**Field Staff**

Work with instructors in the field to ensure the success of outings. Provide trip support by driving vans, helping students negotiate terrain, assisting instructors, and acting as a role model for other students within ALI.

Requirements:
- ALI Level One Trip Leader Certificate
- ALI Level Two Trip Leader Certificate Preferred
Outdoor Recreation Center Staff

Work with others who are passionate about many aspects of outdoor recreation and ALI. The ORC serves as the hub of ALI activity, from a full service bike shop to raft and canoe rentals for the white water enthusiast. Enjoy working with students to provide the essential support for our outdoor endeavors.

Requirements:
- ALI Level One Certificate

Indoor Climbing Center Staff

Work in the Indoor Climbing Centers in Dixon and McAlexander Field House. If you enjoy teaching others about climbing and helping students explore the ‘vertical’ world, this might be the job for you!

Requirements:
- Climbing Wall Instructor Certification
**Club Activity Coordinator**

Help organize and regulate the activities of the adventure club. Coordinators work in different activity areas so there are many possible adventures of focus.

Requirements:
- ALI Level Two Certificate

**ALI Logistics Support Staff**

Work to manage all the little details, schedules and loose ends that come up while running trips and programs. You’ll find plenty of challenge in coordinating trip leaders, students, and other staff.

Requirements:
- ALI Level Two Trip Leader Certificate

**Teaching Assistant**

Work with instructors to deliver ALI courses. Help by teaching skills, presenting materials, assisting on outings and other support duties.

Requirements:
- ALI Level Two Certificate
- Previously passed the course in which you are assisting
- Completed corresponding course discipline track
Reflection    Education    Leadership    Training    Experience
Adventures Leadership Institute (ALI)

This publication will be made in accessible format upon request. Please call Wendy Little 541.737.7096.