Table of Contents

1 Academic Courses
2 What is the ALI?
4 Professional Partners
6 OSU ALI Program Goals
8 Leadership through Adventure
10 Certificate Track
12 Additional Programs & Services
13 Custom or Contact Groups
14 Facilities & Services
16 Experience/Employment Opportunities
18 ALI Staff Locations
## Academic Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Term Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backpacking (PAC 304)</td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>Bouldering (PAC 314)</td>
<td>Fall, Winter, Spring</td>
</tr>
<tr>
<td>Camp Craft (PAC 303)</td>
<td>Fall, Winter, Spring</td>
</tr>
<tr>
<td>Canoeing (PAC 308)</td>
<td>Spring</td>
</tr>
<tr>
<td>Canyoneering (PAC 313)</td>
<td>Summer</td>
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<tr>
<td>Challenge Course Experience (PAC 301)</td>
<td>Fall, Winter, Spring</td>
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<tr>
<td>Challenge Course Facilitation &amp; Practices (PAC 302)</td>
<td>Spring</td>
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<tr>
<td>Hiking Local Trails (PAC 300)</td>
<td>Fall, Winter, Spring, Summer</td>
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<tr>
<td>Ice Climbing (PAC 322)</td>
<td>Fall</td>
</tr>
<tr>
<td>Mountaineering 1 (PAC 320)</td>
<td>Winter, Spring</td>
</tr>
<tr>
<td>Mountaineering 2 (PAC 321)</td>
<td>Winter</td>
</tr>
<tr>
<td>Rafting (PAC 307)</td>
<td>Fall, Winter, Spring, Summer</td>
</tr>
<tr>
<td>Rock Climbing I (PAC 315)</td>
<td>Fall</td>
</tr>
<tr>
<td>Rock Climbing II (PAC 316)</td>
<td>Fall, Winter, Spring</td>
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<tr>
<td>Rock Climbing III (PAC 317)</td>
<td>Fall</td>
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<tr>
<td>Snow Shoeing (PAC 305)</td>
<td>Winter</td>
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<td>Snow Travel and Camping (PAC 306)</td>
<td>Summer</td>
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<tr>
<td>Stand Up Paddle-boarding (PAC 311)</td>
<td>Summer</td>
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<tr>
<td>Technical Rappelling (PAC 319)</td>
<td>Spring</td>
</tr>
<tr>
<td>White Water Rescue (PAC 324)</td>
<td>Spring</td>
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<tr>
<td>Wilderness First Aid (PAC 325)</td>
<td>Fall, Winter, Spring</td>
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<tr>
<td>Wilderness First Responder (PAC 329)</td>
<td>Winter</td>
</tr>
<tr>
<td>Wilderness Living Techniques (PAC 326)</td>
<td>Fall, Winter, Spring</td>
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## Leadership Courses

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<thead>
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<th>Course</th>
<th>Term Offered</th>
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<tbody>
<tr>
<td>Backcountry Leadership (KIN 232)</td>
<td>Fall</td>
</tr>
<tr>
<td>Challenge Course Facilitation &amp; Practices (PAC 302)</td>
<td>Spring</td>
</tr>
<tr>
<td>Intro to Adventure Programming (KIN 230)</td>
<td>Fall, Winter, Spring</td>
</tr>
<tr>
<td>Teaching Techniques for Outdoor Activities (KIN 233)</td>
<td>Fall, Winter, Spring</td>
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## Professional Courses

<table>
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<th>Course</th>
<th>Term Offered</th>
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<tr>
<td>Canyon Leader Training</td>
<td>Summer</td>
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<tr>
<td>Climbing Wall Instructor</td>
<td>Fall, Spring</td>
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<tr>
<td>Raft Guide School</td>
<td>Summer</td>
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<tr>
<td>Rock Guide School</td>
<td>Summer</td>
</tr>
<tr>
<td>Sport Climbing Instructor</td>
<td>Fall</td>
</tr>
<tr>
<td>White Water Rescue</td>
<td>Spring</td>
</tr>
<tr>
<td>Wilderness First Responder &amp; Summer Break</td>
<td>Winter, Winter, Summer Break</td>
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What is the Adventure Leadership Institute?

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

Originally founded in 1947, the Adventure Leadership Institute™ is the authority in adventure leadership education, providing awe-inspiring, transformative experiences to more than 9,500 Oregon State University students each year.

Our students learn in the wildest and most remote classrooms in the Pacific Northwest — from the forest, to the high desert, to rugged cascade peaks and glaciers. Graduates are active leaders with lifelong leadership-oriented and environmental ethics and outdoor skills.
ALI also offers informal and customized experiences through the ALI Challenge Course, the Climbing Centers, Bike Shop and the Adventure Club. ALI is the regional hub for SOLO Wilderness Medicine, the leading teacher of wilderness medicine worldwide, the Professional Climbing Instructors Association, and the ACA Raft Guide and Whitewater Rescue curriculum.
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
out there
Looking for a way in?

Check out these entry-level courses with no prior experience necessary

- **Hiking Local Trails (PAC 300):** Covers the fundamentals of hiking as a recreational activity and an outdoor travel skill. Content will cover local trails, place history, hiking techniques, clothing and equipment selection, elemental first aid and safety concerns, leave-no-trace principles, and map basics.

- **Camp Craft (PAC 303):** Provides basic front-country camping skills such as packing, trip planning, how to dress for different climates/weather, storm-proofing, knife and axe techniques and safety, stove and kitchen operations, and fire building.
Adventure Leadership Institute’s 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
“Working with groups has enabled me to find my own voice and build a confidence of working with people in an interactive language. Seeing that I have had a positive impact on people over time is really rewarding.”

James Ivelich
Manufacturing & Industrial Engineering Major
ALI Facilitator

“I realized this is the place that I want to be, and it turned into this really great community for me.”

Olivia Cameron
Natural Resources Major
ALI Trip Leader
“ALI provides a classroom unlike any other in the world. Gritty, real examples of feedback and consequence based upon a person’s competency in certain areas. Tomorrow’s leaders are going to be faced with complex problems that require an uncommon command of skills and levels of competencies — things like critical thinking, communication, problems solving, understanding groups, and working with diversities within that group.”

-Josh Norris  |  ALI Instructor/Director

What can ADVENTURE do for you?

Critical Thinking

How do you recognize and practice personal strengths and values?

At ALI you will develop intellectual, physical and interpersonal competence through classroom and group experiences.

Problem Solving

How do you practice solving real and challenging problems?

At ALI you will learn to recognize and interpret multiple sources of information and apply reasoning skills.

Self-Awareness

Where can you learn skills that help you function successfully in groups?

At ALI you will learn and practice valuable facilitation skills that aid in effective group projects and assignments.
Unlike the other course offerings in The ALI, these courses provide a deeper understanding of their respective topics. The hands-on experience with real life scenarios allow students to build a skillset that goes beyond surface-level. These courses also provide professional certifications from a number of nationally-recognized organizations, and lead to employment in The ALI.

Courses can be found through OSU Online Services under PAC. Non-PAC courses are registered at the Adventure Leadership Institute Desk at Dixon Recreation Center.

WILDERNESS FIRST RESPONDER (WFR)
Wilderness First Responder is an in-depth (80-hrs) emergency medical course focused on ailments in the wilderness setting. Students will learn techniques ranging from basic life support, to soft tissue injury management, to proper splinting and immobilization, to long term patient care with minimal resources.

CLIMBING WALL INSTRUCTOR (CWI)
The PCIA Climbing Wall Instructor Course provides potential instructors with an in-depth and standardized understanding of the skills essential to teaching climbing in an indoor setting. The course reinforces the importance of teaching accurate information, and debunks many common climbing myths. It emphasizes the presentation of sound fundamental skills to climbing gym participants with different learning styles. The course also covers risk assessment and risk management skills, as well as basic problem-solving skills, such as belay transitions and coaching.

RAFT GUIDE SCHOOL
The Raft Guide School is for individuals interested in learning skills required to efficiently paddle a raft on rivers with class I-III rapids, as well as captain or guide a class on rivers with class I-III rapids. This course includes advanced river reading, safety considerations, and paddling techniques.

LOW/HIGH CHALLENGE COURSE TRAINING
These combined trainings (20hrs each) convey the essential facilitation and technical skills required to lead groups through the OSU/ALI Challenge Course Program. In the low-course training weekend, you will learn how to plan and lead group games, problem-solving initiatives, and low-course elements that promote group development concepts. During the high-course training weekend, you will learn the technical and operational aspects necessary to lead groups through the high elements that occur with many of the challenge course programs.

Certification Track
Adventure Leadership Certificate

Class Requirements
- KIN 230: Introduction to Adventure Programming
- PAC 303: Camp Craft
- PAC 326: Wilderness Living Techniques
- KIN 232: Backcountry Leadership
- KIN 233: Teaching Techniques for Outdoor Activities
- ALI™ Capstone

Field Experience
- PAC 304: Backpacking & Navigation
- Level 2 Facilitator/Instructor Training
- Level 1 Facilitator/Instructor Training
- Level 1 Outings/Programs
- Lead Ten Outings/Programs
- Teaching Assistant Requirements
- Three Activity Courses
- Assist/Lead Four Outings/Programs
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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.

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 Trip**
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.
Facilities & Services

**ALI Service Desk:**
The ALI Service Desk is a resource for students and faculty to rent outdoor equipment, and receive information about local recreation. The ALI Service Desk also houses the on campus bike 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.

**McAlexander (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.
OSU Adventure Club: Provides an opportunity for the OSU community to go on adventure trips led by ALI students

Bike Shop: Resources, tools, and techs help students learn to maintain and repair bikes

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

Challenge Course: The Challenge Course serves as the arena for the Adventure Leadership 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
- ALI Service Desk Staff
- Challenge Course Staff
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. As you learn facilitation skills you will be running low course elements or operating the high course elements, all the while gaining valuable experience in group facilitation and leadership. Come explore the challenge course and its unique and life changing potential.

Requirements:
- ALI Level One 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 Certificate
ALI Service Desk Staff
Work with others who are passionate about many aspects of outdoor recreation and ALI. The ALI Service Desk 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 Preferred

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 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