

## Outdoor Recreation Studies Major

The Bachelor of Science with a major in Outdoor Recreation Studies (ORS) provides a philosophical and experiential foundation for providing four concentrations into one unique program of study. ORS majors at Montreat College learn and explore the curriculum through a variety of experiences, in on-campus classroom-based courses as well as in the outdoor setting, all within the lens of a biblical worldview. The ORS curriculum is designed to give students the skills, knowledge, and training necessary to both facilitate personal growth and interpret the natural environment for their future students/participants/clients. Management of outdoor recreation programs and experiences is an area of focus in the ORS major core, providing students in each concentration with important administration skills applicable in any number of career choices.

Students may choose a concentration in *Outdoor Leadership and Adventure Education*, *Environmental Education and Interpretation*, *Outdoor Ministry*, or *Conservation Law Enforcement*.

In the ***Outdoor Leadership and Adventure Education*** concentration, students will focus on the essential skills and practical experience needed to become competent and confident outdoor adventure leaders. Students will be prepared to make sound decisions and demonstrate effective risk management in a variety of outdoor environments. Students in this concentration should expect to receive a mixture of both traditional in class instruction as well as opportunity for a variety of field experiences.

Students in the ***Environmental Education*** concentration will focus on developing themselves as a professional Environmental Educator/Interpreter. The two main foci of this concentration include increasing environmental knowledge and mastering educational/interpretive techniques. The concentration includes all the requirements to be certified as a North Carolina Environmental Educator and an Environmental Interpreter through the National Association of Interpretation.

The ***Outdoor Ministry*** concentration focuses on developing students with a strong ministry mind-set and prepares them to utilize the outdoor environment for evangelism and discipleship. This concentration is particularly suited to students who have a heart for ministry and see themselves providing life-shaping experiences at summer camps, Young Life camps, church retreats in ministry and want to provide similar experiences for others.

The ***Conservation Law Enforcement*** concentration focuses on developing students who are interested in becoming federal, state or county rangers with various governmental agencies. The main foci of this concentration include environmental knowledge, interpretation and criminal justice. Students who begin the program with Basic Law Enforcement Training (BLET) will meet some of the requirements for this concentration.

### Why Study Outdoor Recreation Studies (ORS) at Montreat College?

Montreat College's Outdoor Recreation Studies program emphasizes developing students to become outdoor leaders who are competent in using outdoor environments for education, business/program administration, and ministry. Through numerous courses and field experiences, students are prepared to design, implement, and administer outdoor programs that manage risks that are challenging, and enjoyable. Students are exposed to a variety of environmental education and outdoor leadership theories through the program's core courses, as well as, obtaining a variety of practical experience. In their concentration students will further explore an area of the ORS field, gathering a deeper understanding of theoretical, philosophical and practical factors in the chosen concentration. The ORS major and concentrations emphasize preparation for professional roles in the field.

**The campus is located among mountainous wilderness areas.** Montreat College is adjacent to Pisgah National Forest, close to the Great Smoky Mountains National Park, and within a two-hour drive of numerous climbing locations, four major wilderness areas, and several rivers with whitewater rated up to class five. Montreat College is also within a 14-mile hike or mountain bike ride of Mt. Mitchell, the highest peak east of the Mississippi River. In addition, outdoor recreation is deeply rooted in the western North Carolina region. This is seen through the prevalence of outdoor recreation activity and industry in the area, including mountain biking, trail running, skiing, ziplining, backpacking, fishing, whitewater paddling, and numerous camps, national forests and national parks. Western North Carolina offers almost everything needed to meet the most desires of

outdoor recreationists. Furthermore, with the installation of North Carolina's Department of Commerce's Outdoor Industry Recruitment Office, outdoor recreation is identified as a major contributing industry to North Carolina's overall revenue.

**The faculty bring a diversity of training and depth of experience.** Professors are passionate about engaging their students and challenging them to be professional, well-rounded outdoor professionals. They prioritize the integration of faith and learning in the classroom and the importance of field experiences. Not only do professors have abundant teaching experience in outdoor education, recreation and leadership but also professors bring experience from the National Outdoor Leadership School, Outward Bound, American Mountain Guides Association, the National Park Service, U.S. Forest Service, the North American Association for Environmental Education, Association for Outdoor Recreation and Education, Christian Adventure Association, Association for Experiential Education, Christian Camping International, Christian Camp and Conference Association, the American Canoe Association, the Wilderness Education Association, and the National Association for Interpretation. Students can expect their Outdoor Recreation Studies professors to be beside them, guiding them and challenging them to reach their full potential both inside and outside the classroom.

**Career opportunities are abundant.** The outdoor recreation industry in North Carolina is quickly developing. Currently providing over 260,000 affiliated jobs in the state and gathering \$28 billion in annual consumer spending. The outdoor industry is an \$887 billion industry annually in the United States. With 55% of the US population within one day drive of the area the potential for career opportunities are vast. Faculty and instructors in the ORS program have connections beyond the western NC area for students interested in careers throughout the United States and internationally as well.

Graduates in ORS from Montreat College are employed in a variety of careers in outdoor recreation; adventure and environmental education programs; camps and conference centers; mission organizations; national and state parks; churches and church-related youth organizations; expedition programs such as the National Outdoor Leadership School, Wilderness Education Association, and Outward Bound and Wilderness therapy programs; positions within the business side of the outdoor recreation industry; environmental organizations; nature centers; outdoor science programs; and environmental interpretation centers. Certification programs are available in several different areas. Many graduates report that whatever their career choice, the interpersonal skills, training in teaching, leadership, and discipleship experiences they gained through the ORS program prepared them for all aspects of their lives.

**Opportunities for Leadership/Teaching Experience.** The ORS program provides practical opportunities to equip students with technical skills and leadership/teaching experience. The department works directly with outreach programs, such as the Team and Leadership Center (TLC). The TLC utilizes challenge course facilities to develop team-building strategies and to strengthen the concept of community through experience-based learning. The TLC is housed on the Black Mountain Campus and includes a high-teams course, climbing wall, and low initiatives course.

**Because the Outdoor Recreation Studies degree requires specialized equipment and supplies, additional course fees are necessary and will vary from \$2,000-\$4,000, depending on the concentration selected.**

## Requirements for a B.S. in Outdoor Recreation Studies

✓	Degree Component
	Completion of the General Education Core (51* credits)
	BIOL 1111 and ENSC 1112 or BIOL 1123 are recommended in the Gen-Ed as prerequisites to ENSC courses; PHIL 2902 and PSYC 1100 or PSYC 1200 are recommended in the Gen-Ed
	Completion of the General Education Competencies
	Completion of the Outdoor Recreation Studies Major Core (50 - 52 credits)
	*Completion of OREC 1130 Discovery in the first year in ORS major (1 credit doubles in Gen-Ed)
	Completion of an outdoor activity course (OREC 1700) in the first year in ORS major
	Completion of an Outdoor Recreation Studies Concentration (18-23 credits)
	Completion of required electives to bring total up to 120 credits
	Completion of 27 credits at the 300-level or above
	Completion of Outdoor Recreation Studies Program Comprehensive Exit Exam (included in OREC 4630)
	Completion of 120 credit hours with a minimum GPA of 2.0 (two terms and 32 credit hours must be completed at Montreat College)

\*OREC 3212 in the major can count toward Gen-Ed oral expression competency.

### Outdoor Recreation Studies Core (50 - 52 credits)

Choose One:

OREC 2211	Wilderness First Aid (1)
OREC 4212	Wilderness First Responder (3)*
BUSN 1101	Introduction to Business (3)
BUSN 2401	Principles of Management (3)
ENSC 2511	Field Natural History I (2)
ENSC 2512	Field Natural History II (2)
ENSC 4610	Field Studies (1/1)
INDS 3610	Pre-Internship (1)
PHIL 3502	Philosophy of Leadership (3)
OREC 1110	Introduction to Outdoor Recreation Studies (3)
OREC 1120	Facilitating Outdoor Recreation Experiences (2)
OREC 1130	Discovery Wilderness Expedition (4) (1 <sup>st</sup> Year Requirement)
OREC 1241	Facilitating Low Challenge Courses (1)
OREC 1511/1512	Outdoor Recreation Studies Field Experience (twice) (1/1)
OREC 2210	Human Health and the Natural Environment (3)
OREC 2330	Teaching Methods and Curriculum Development (4)
OREC 3212	Principles of Environmental Interpretation (3)
OREC 3514	Internship in Outdoor Recreation Studies (3)
OREC 4610	Administration and Management of OR (4)
OREC 4620	Current Issues in Outdoor Recreation (3)
OREC 4630	Senior Seminar (1)

\*OREC 4212 is required for the Outdoor Leadership and Adventure Education concentration.

### Choose one of the Outdoor Recreation Studies Concentrations:

- Environmental Education and Interpretation (22 credits)
- Outdoor Leadership and Adventure Education (23 credits)
- Outdoor Ministry (18 credits)
- Conservation Law Enforcement (18 - 21 credits)

## Environmental Education and Interpretation Concentration (22 credits)

Students in the *Environmental Education* concentration will focus on developing themselves as a professional Environmental Educator/Interpreter. The two main foci of this concentration include increasing environmental knowledge and mastering educational/interpretive techniques. The concentration includes all the requirements to be certified as a North Carolina Environmental Educator and an Environmental Interpreter through the National Association of Interpretation.

- ENSC 1112 Introduction to Environmental Studies (4)
  - ENSC 2211 Ecology (4)
  - ENSC 3511 American Ecosystems (4)
  - OREC 2311 Survey of Environmental Education Curricula (3)
  - OREC 3320 Environmental Policy and Law (3)
- Choose one of the following:
- BIOL 2311 Animal Diversity and Ecology (4) or
  - BIOL 2323 Plant Diversity and Ecology (4) or
  - ENSC 3911 Physical and Environmental Geography (4)

<b>Four Year Plan: Bachelor of Science in Outdoor Recreation Studies with Environmental Education and Interpretation Concentration</b>			
<b>Freshman Year</b>			
<b>Fall Semester</b>		<b>Spring Semester</b>	
INDS 1102 Foundations of Faith and Learning	2	BIBL 1102 Survey of New Testament	3
BIBL 1101 Survey of Old Testament	3	ENGL 1112 English Composition II	3
ENGL 1111 English Composition	3	OREC 1120 Facilitating Outdoor Recreation Experiences	2
OREC 1110 Introduction to Outdoor Recreation Studies	3	ENSC 1112 Introduction to Environmental Studies	4
BIOL 1111 Survey of Biological Principles I	4	OREC 1241 Facilitating Low Challenge Courses	1
An outdoor related OREC 1700 course	1	OREC 1130 Discovery (3-week trip in May)	4
	<b>16</b>		<b>17</b>
<b>Sophomore Year</b>			
<b>Fall Semester</b>		<b>Spring Semester</b>	
ENSC 2511 Field Natural History I	2	ENSC 2512 Field Natural History II	2
Gen-Ed Humanities (PHIL 2902 recommended)	3	OREC 2311 Survey of EE Curriculum	3
BUSN 1101 Introduction to Business	3	OREC 1512 Outdoor Recreation Studies Field Experience	1
OREC 2330 Teaching Methods and Curriculum Dev.	4	HIST 1302 History of World Civilization II, or HIST 2102 US History II	3
HIST 1301 History of World Civilization I, or HIST 2101 US History I	3	CYBR 1131 Computer Applications and Concepts	3
OREC 1511 Outdoor Recreation Studies Field Experience	1	Gen-Ed Mathematics	3
OREC 2211 Wilderness First Aid	1		
	<b>17</b>		<b>15</b>
<i>OREC 1511/1512 Field Experiences must be completed before the student does his/her internship</i>			
<b>Junior Year</b>			
<b>Fall Semester</b>		<b>Spring Semester</b>	
OREC 3212 Principles of Environmental Interpretation	3	PHIL 3502 Philosophy of Leadership	3
OREC 3320 Human Health and the Natural Environment	3	BUSN 2401 Principles of Management	3
ENSC 2211 Ecology	4	ENSC 3911 Physical and Environmental Geography (4) or BIOL 2311 Animal Diversity and Ecology (4) or BIOL 2323 Plant Diversity and Ecology (4) or ENSC 3211 Freshwater Ecosystems (4) or BIOL 3231 Plant Physiology (4) or BIOL 2222 Animal Physiology (4)	4
ENSC 4610 Field Studies	1	ENSC 4610 Field Studies	1
INDS 3610 Pre-Internship	1	Gen-Ed Literature	3
	<b>12</b>		<b>14</b>
<i>Completion of the General Education competencies by the end of the junior year.</i>			
<b>Junior Summer</b>			
OREC 3514 Internship (3) and ENSC 3511 American Ecosystems			7
<b>Senior Year</b>			
<b>Fall Semester</b>		<b>Spring Semester</b>	
OREC 4610 Admin & Management of ORS	4	OREC 4620 Current Issues in ORS	3
INDS 4161 Seminar on Faith and Life	2	OREC 4630 Senior Seminar	1
Gen-Ed Humanities (PHIL 2902 Recommended)	3	Gen-Ed Social Science	3
ENSC or BIOL elective	4	OREC 3320 Environmental Policy and Law	3
		Gen-Ed Humanities	3
	<b>13</b>		<b>13</b>
<i>Completion of 27 credits at the junior/senior level or above.</i>			
<i>Completion of the OREC Comprehensive Exit Exam (embedded in OREC 4630) by the end of the Senior Year.</i>			
Total hours required for degree:			<b>124</b>

\*See General Education for optional course offerings

## **Conservation Law Enforcement** (18 - 21 credits)

The *Conservation Law Enforcement* concentration focuses on developing students who are interested in becoming federal, state or county rangers with various governmental agencies. The main foci of this concentration include environmental knowledge, interpretation and criminal justice. Students who begin the program with Basic Law Enforcement Training (BLET) will meet some of the requirements for this concentration.

- CRIM 1111 Intro to Criminal Justice
- CRIM 2210 Criminal Law
- CRIM 2310 Criminal Procedure
- CRIM 2410 Law Enforcement
- CRIM 3230 Constitutional Law
- OREC 2311 Survey of Environmental Education Curriculum (recommended)
- OREC 3320 Environmental Policy and Law

**Four Year Plan: Bachelor of Science in Outdoor Recreation Studies with  
Conservation Criminal Law Concentration**

**Freshman Year**

Fall Semester		Spring Semester	
INDS 1102 Foundations of Faith and Learning	2	BIBL 1102 Survey of New Testament	3
BIBL 1101 Survey of Old Testament	3	ENGL 1112 English Composition II	3
ENGL 1111 English Composition	3	OREC1120 Facilitating Outdoor Recreation Experiences	2
OREC 1110 Introduction to Outdoor Recreation Studies	3	ES 150 Introduction to Environmental Studies	4
optional Gen-Ed Natural Science Course	4	OREC 1241 Facilitating Low Challenge Courses	1
at least one outdoor related OREC 1700 course	1	OREC 1130 Discovery (3-week trip in May)	4
	<b>12-16</b>		<b>17</b>

**Sophomore Year**

Fall Semester		Spring Semester	
ENSC 2511 Field Natural History I	2	ENSC 2512 Field Natural History II	2
CRIM 1111 Intro to Criminal Justice	3	Gen-Ed Humanities*	3
BUSN 1101 Introduction to Business	3	OREC 1512 Outdoor Recreation Studies Field Experience	1
OREC 2330 Teaching Methods and Curriculum Dev.	4	HIST 1302 History of World Civilization II, or HIST 2102 US History II	3
CRIM 2210 Criminal Law Enforcement	3	Gen-ed Humanities*	3
OREC 1511 Outdoor Recreation Studies Field Experience	1	CRIM 2310 Criminal Procedure	3
OREC 2211 Wilderness First Aid	1		<b>15</b>
	<b>17</b>		

*OREC 1511/1512 Field Experiences must be completed before the student does his/her internship*

**Junior Year**

Fall Semester		Spring Semester	
OREC 3212 Principles of Environmental Interpretation	3	PHIL 3502 Philosophy of Leadership	3
CRIM 2410 Law Enforcement	3	BUSN 2401 Principles of Management	3
CYBR 1131 Computer Applications and Concepts	3	CRIM 3230 Constitutional Law	4
ENSC 4610 Field Studies	1	ENSC 4610 Field Studies	1
INDS 3610 Pre-Internship	1	OREC 3320 Environmental Policy and Law	3
OREC 3320 Human Health and the Natural Environment	3		
	<b>14</b>		<b>14</b>

**Senior Year**

Fall Semester	OREC 3514	Summer Internship 3 credits	Spring Semester	
OREC 4610 Admin & Management of ORS			OREC 4620 Current Issues in ORS	3
INDS 4161 Seminar on Faith and Life			OREC 4630 Senior Seminar	1
Gen-Ed Mathematics*			Gen-Ed Social Science*	3
Gen-Ed Humanities*			Gen-Ed Literature*	3
			OREC 2311 Survey of EE Curriculum, optional	3
				<b>13</b>

*Completion of 27 credits at the senior level or above.*

*Completion of the OREC Comprehensive Exit Exam (embedded in OREC 4630) by the end of the Senior Year.*

Total hours required for degree:

**121**

\*See General Education for optional course offerings

## Outdoor Leadership and Adventure Education Concentration (23 credits)

In the *Outdoor Leadership and Adventure Education* concentration, students will focus on the essential skills and practical experience needed to become competent and confident outdoor adventure leaders. Students will be prepared to make sound decisions and demonstrate effective risk management in a variety of outdoor environments. Students in this concentration should expect to receive a mixture of both traditional in class instruction as well as opportunity for a variety of field experiences.

OREC 1762	Winter Outdoor Recreation (1) **
OREC 2221	Outdoor Living Skills I/II (3) *
OREC 4212	Wilderness First Responder (3) <i>required for this concentration in the ORS Core**</i>
OREC 3222	Outdoor Programming/Leadership: Expedition Mgmt. (4) **
OREC 3242	Challenge Course Facilitation (2) **
OREC 3410	Group Dynamics and Behavioral Management (3) **
OREC 4223	Advanced Technical Skills (4)
OREC 4224	Wilderness Institute (3)

\*Transfer students may register for OREC 2221 without the OREC 1130 Discovery pre-requisite

\*\* Part of immersion semester (15 credit block), will be offered every other spring (odd year). Includes ENSC 2512 (2)



<b>Four Year Plan: Bachelor of Science in Outdoor Recreation Studies with a Concentration in Outdoor Leadership and Adventure Education</b>			
<b>Freshman Year</b>			
<b>Fall Semester</b>		<b>Spring Semester</b>	
INDS 1102 Foundations of Faith and Learning	2	BIBL 1102 Survey of New Testament	3
BIBL 1101 Survey of Old Testament	3	ENGL 1112 English Composition II	3
ENGL 1111 English Composition	3	OREC 1120 Facilitating Outdoor Recreation Experiences	2
OREC 1110 Introduction to Outdoor Recreation Studies	3	ENSC 1112 Introduction to Environmental Studies	4
optional: Gen Ed Natural Science Course	4	OREC 1241 Facilitating Low Challenge Courses	1
at least one outdoor related OREC 1700 course	1	OREC 1130 Discovery (3-week trip in May)	4
		OREC 1512 Outdoor Recreation Studies Field Experience	1
	<b>12-16</b>		<b>18</b>
<b>Sophomore Year</b>			
<b>Fall Semester</b>		<b>Spring Semester</b>	<b>Immersion Semester Option<sup>1</sup></b>
ENSC 2511 Field Natural History I	2	ENSC 2512 Field Natural History II	2
BUSN 1101 Introduction to Business	3	OREC 3241 Challenge Course Facilitation	2
Gen-Ed Humanities (PHIL 2902 recommended)	3	OREC 3410 Group Dynamics and Behavioral Mgmt.	3
OREC 2221 Outdoor Living Skills	4	OREC 3222 Outdoor Programming/Leadership: Expedition Mgmt.	4
OREC 2330 Teaching Methods and Curriculum Dev.	4	OREC 4212 Wilderness First Responder	3
OREC 1511 Outdoor Recreation Studies Field Experience	1	OREC 1762 Winter Outdoor Recreation	1
	<b>17</b>		<b>15</b>
<i>OREC 1511/1512 Field Experiences must be completed before the student does his/her internship</i>			
<b>Junior Year</b>			
<b>Fall Semester</b>		<b>Spring Semester</b>	
OREC 3212 Principles of Environmental Interpretation	3	PHIL 3502 Philosophy of Leadership	3
INDS 3610 Pre-Internship	1	BUSN 2401 Principles of Management	3
ENSC 4610 Field Studies	1	Gen-Ed Literature	3
OREC 4223 Advanced Technical Skills	4	ENSC 4610 Field Studies	3
CYBR 1131 Computer Applications and Concepts	3	HIST 1301 History of World Civilization I, or HIST 2101 US History I	1
OREC 3320 Human Health and the Natural Environment	3	Gen-Ed Mathematics	3
	<b>15</b>		<b>16</b>
<i>Completion of the General Education competencies and Wilderness First Responder Certification by the end of the junior year.</i>			
<b>Junior Summer</b>			
OREC 3514 Internship			<b>3</b>
<b>Senior Year</b>			
<b>Fall Semester</b>		<b>Spring Semester</b>	
OREC 4610 Admin & Management of ORS	4	OREC 4620 Current Issues in ORS	3
HIST 1302 History of World Civilization II, or HIST 2102 US History II	3	OREC 4630 Senior Seminar	1
Gen-Ed Humanities	3	INDS 4161 Seminar on Faith and Life	2
Gen-Ed Social Science	3	IS 461 Seminar on Faith and Life	1
OREC 4224 Wilderness Institute	3	Gen-Ed Humanities	3
		Gen Ed Natural Science Course (if not taken Fall Freshman year) or optional elective	3
	<b>16</b>		<b>13</b>
<i>Completion of 27 credits at the 300-level or above.</i>			
<i>Completion of the OREC Comprehensive Exit Exam (embedded in OREC 4630) by the end of the Senior Year.</i>			
Total hours required for degree:			<b>125</b>

<sup>1</sup> Immersion Semester

\*See General Education for optional course offerings

## Outdoor Ministry Concentration (18 credits)

The *Outdoor Ministry* concentration focuses on developing students with a strong ministry mind-set and prepares them to utilize the outdoor environment for evangelism and discipleship. This concentration is particularly suited to students who have a heart for ministry and see themselves providing life-shaping experiences at summer camps, Young Life camps, church retreats in ministry and want to provide similar experiences for others

YMIN 3110      Discipleship & Lifestyle Evangelism (3)  
YMIN 4120      Spiritual Formation and Faith Development (3)  
CHCU 2701      Foundations of Church and Culture (3)  
CHCU 4703      Cross-Cultural Communication (3)

Choose one:

PSYC 2100      Child & Adolescent Development (3)

OR

SOCI 4110      Counseling Adolescents & Families (3)

Potentially adding one of the following:

YMIN 3210      Ministry to children (3)

YMIN 4080      Special topics in Youth and Family (3)

**Four Year Plan: Bachelor of Science in Outdoor Recreation Studies with  
Outdoor Ministry Concentration**

**Freshman Year**

Fall Semester		Spring Semester	
INDS 1102 Foundations of Faith and Learning	2	BIBL 1102 Survey of New Testament	3
BIBL 1101 Survey of Old Testament	3	ENGL 1112 English Composition II	3
ENGL 1111 English Composition	3	OREC1120 Facilitating Outdoor Recreation Experiences	2
OREC 1110 Introduction to Outdoor Recreation Studies	3	ES 150 Introduction to Environmental Studies	4
optional Gen-Ed Natural Science Course	4	OREC 1241 Facilitating Low Challenge Courses	1
at least one outdoor related OREC 1700 course	1	OREC 1130 Discovery (3-week trip in May)	4
	<b>12 -16</b>		<b>17</b>

**Sophomore Year**

Fall Semester		Spring Semester	
ENSC 2511 Field Natural History I	2	ENSC 2512 Field Natural History II	2
YMIN 3110 Discipleship & Lifestyle Evangelism	3	Gen-Ed Humanities*	3
BUSN 1101 Introduction to Business	3	OREC 1512 Outdoor Recreation Studies Field Experience	1
OREC 2330 Teaching Methods and Curriculum Dev.	4	HIST 1302 History of World Civilization II, or HIST 2102 US History II	3
Choose from: PSYC 2100 Child & Adolescent Development or SOCI 4110 Counseling Adolescents & Families	3	Gen-ed Humanities*	3
OREC 1511 Outdoor Recreation Studies Field Experience	1	YMIN 4120 Spiritual Formation and Faith Development	3
OREC 2211 Wilderness First Aid	1		<b>15</b>
	<b>17</b>		

*OREC 1511/1512 Field Experiences must be completed before the student does his/her internship*

**Junior Year**

Fall Semester		Spring Semester	
OREC 3212 Principles of Environmental Interpretation	3	PHIL 3502 Philosophy of Leadership	3
Choose from: YMIN 3210 Ministry to children or YMIN 4080 Special Topics in Youth and Family	3	BUSN 2401 Principles of Management	3
CYBR 1131 Computer Applications and Concepts	3	CHCU 2701 Foundations of Church and Culture	3
ENSC 4610 Field Studies	1	ENSC 4610 Field Studies	1
INDS 3610 Pre-Internship	1	CHCU 4703 Cross-Cultural Communication	3
OREC 3320 Human Health and the Natural Environment	3		
	<b>14</b>		<b>13</b>

**Senior Year**

OREC 3514 Summer Internship			<b>3</b>
Senior Year		Senior Year	
Fall Semester		Spring Semester	
OREC 4610 Admin & Management of ORS	4	OREC 4620 Current Issues in ORS	3
INDS 4161 Seminar on Faith and Life	2	OREC 4630 Senior Seminar	1
Gen-Ed Mathematics*	3	Gen-Ed Social Science*	3
Gen-Ed Humanities*	3	Gen-Ed Literature*	3
		Elective	3
	<b>12</b>		<b>13</b>

*Completion of 27 credits at the senior level or above.*

*Completion of the OREC Comprehensive Exit Exam (embedded in OREC 4630) by the end of the Senior Year.*

Total hours required for degree:

**120**

\*See General Education for optional course offerings

# Outdoor Recreation Studies Minor

## Requirements for an Outdoor Recreation Studies Minor (minimum 19 credits)

A minimum of six credits must be at the 300-level or above

### Outdoor Recreation Studies Courses (minimum 15 credits)

Core for Minor:

- OREC 1110 Introduction to Outdoor Recreation Studies (3)
- OREC 1120 Facilitating Outdoor Recreation Experiences (2)
- OREC 1241 Facilitating Low Challenge Courses (1)

Choose at least 9 hours from the following:

- PHIL 3502 Philosophy of Leadership (3)
- OREC 1130 Discovery Wilderness Expedition (4) (1<sup>st</sup> Year Requirement)
- OREC 2211 Wilderness First Aid (1)
- OREC 2221 Outdoor Living Skills I/II (3)\*
- OREC 2230 Teaching Method/Curriculum Development in Outdoor Recreation Studies (4)
- OREC 2311 Survey of Environmental Education Curriculum
- OREC 2801 Special Topics (1-6)
- OREC 3222 Outdoor Programming/Leadership: Expedition Mgmt. (4)\*\*
- OREC 3242 Challenge Course Facilitation (2)\*\*
- OREC 3312 Principles of Environmental Interpretation (3)
- OREC 3320 Environmental Policy and Law (3)
- OREC 3410 Group Dynamics and Behavioral Management (3)\*\*
- OREC 3430 Survey of Adventure Based Counseling (3)
- OREC 3513 Outdoor Recreation Studies Practicum (1-3)
- OREC 3514 Internship (3)
- OREC 4212 Wilderness First Responder (3)\*\*
- OREC 4223 Advanced Technical Skills (4)
- OREC 4610 Administration and Management of Outdoor Recreation Programs (4)
- OREC 4620 Current Issues in Outdoor Recreation Studies (3)

### Environmental Science Courses (4 credits)

Choose 4 hours from the following:

- BIOL 2311 Animal Diversity and Ecology (4)
- BIOL 2323 Plant Diversity and Ecology (4)
- ENSC 1112 Introduction to Environmental Studies (4)
- ENSC 2211 Ecology (4)
- ENSC 2511/2512 Field Natural History I, II (2, 2)
- ENSC 3211 Freshwater Ecosystems (4)
- ENSC 3511 American Ecosystems (4)
- ENSC 3911 Physical and Environmental Geography (4)
- ENSC 4610 Field Studies (1-4)

\*Transfer students may register for OREC 2221 without the OREC 1130 Discovery pre-requisite

\*\* Part of immersion semester (15 credit block), will be offered every other spring (odd year). Includes ENSC 2512 (2)

# Adventure-Based Counseling Minor

## The Adventure-Based Counseling Minor

The minor in Adventure-Based Counseling (19-21 hours) combines existing courses from Outdoor Recreation Studies (ORS), Psychology (PY), and Human Services (HU) into a unique program of study. Adventure-Based Counseling and the closely related field of Adventure Therapy are two areas of ORS that are growing very quickly. This minor will provide a basic understanding of adventure-based counseling for those ORS, PY, and HU students interested in pursuing a master's degree in a related area.

## Requirements for a Minor in Adventure-Based Counseling (20-21 credits)

### Adventure-Based Counseling Minor Core (12)

- OREC 1120 Facilitating Outdoor Recreation Experiences (2)
- OREC 1241 Facilitating Low Challenge Courses (1)
- OREC 3430 Survey of Adventure Based Counseling (3)
- PSYC 4100 Theories and Principles of Counseling (3)

Choose one:

- PSYC 1100 Psychology Applied to Modern Life (3)
- PSYC 1200 General Psychology (3)

### Adventure-Based Counseling Required Minor Electives (8-9)

Choose one of the following: (2)

- PSYC 3071 Practicum (2)
- OREC 1511 or 1512 Field Experience (2)

Choose one of the following PSYC/SOCI: (3)

- PSYC 2100 Child and Adolescent Development (3)
- PSYC 2110 Adult Development and Aging (3)
- SOCI 4110 Counseling Adolescents and Families (3)

Choose one of the following: (3-4)

- OREC 1130 Discovery Wilderness Expedition (3-4) (1<sup>st</sup> Year Requirement)
- OREC 2221 Outdoor Living Skills I/II (3)

## Outdoor Recreation Studies (OREC)

### OREC 1710 Fly Fishing (1)

An introduction to fly fishing, its history, equipment selection and maintenance, casting techniques, aquatic entomology, and stream ecology.

### OREC 1110 Introduction to Outdoor Recreation Studies (3)

This course introduces students to foundational topics in Outdoor Recreation. Topics include key terms, core competencies of outdoor recreation professionals and leaders, historical trends, facilitation and group processing skills, environmental stewardship, teaching strategies, career options and participation in and development of integrated outdoor experiences. A variety of teaching methods including discussion, field experiences, movies, books, and articles will be used. Students will receive instruction and content from faculty members representing each of the four concentrations to assist in informing their decision as to which concentration to pursue. Students do not need to come into the course with a declared concentration. Students begin development of a portfolio that will continue to develop throughout the program of study. Students are required to attend out-of-class experiences that complement the theoretical content. *(Every Fall Semester) Fee*

### OREC 1120 Facilitating Outdoor Recreation Experiences (2)

This course will cover techniques and principles involved in organizing, presenting and facilitating outdoor recreation activities and programs. Students will develop a repertoire of outdoor recreation activities, discuss a variety of practices and concepts involved in debriefing activities to maximize participants' growth. This course will expose students to a variety of discussion-based facilitation techniques to be used in all concentrations. *(Must be taken with OREC 1241, Every spring semester)*

### OREC 1130 Discovery Wilderness Expedition (4)

An 18-22 day wilderness expedition that may include backpacking, rock climbing, whitewater canoeing, camping, route finding, a solo experience, and a personal challenge event. Through these experiences, students focus on individual and group development in four core areas: stewardship, discipleship, community, and leadership. Emphasis is on spiritual growth and Christian fellowship. A reflective paper will be required. Discovery is a physically challenging course but possible for participants in average physical condition. Challenge and risk are part of the teaching methodologies of the program, and although managed to provide as much safety as possible, all risks cannot be removed. Completion of OREC 1130 is required in the first year for ORS majors. Completion of OREC 1130 will fulfill one PE credit requirement. *(Every spring semester). Fee.*

### OREC 1241 Facilitating low challenge courses (1)

This course will focus on the facilitation of fixed and portable low ropes initiatives. The course is intended to provide an overview of necessary skills for the facilitation. Emphasis will be placed on group processing skills. This course will follow industry standards as set forth by the Association for Challenge Course Technology (ACCT). This course is not an ACCT or Montreat College Team and Leadership Center facilitator certification, training or testing, but should provide students with a foundation for certification in the future. *(Must be taken with OREC 1120, Every spring semester).*

### OREC 1511/1512 Outdoor Recreation Studies Field Experience (1-2)

An Outdoor Recreation Studies major must fulfill the specified requirements of two different field experiences for 1 credit hour each before doing an ORS internship in the junior or senior year. Field experiences consist of hands-on opportunities in various ORS related events or organizations. Each credit hour earned requires 40 hours of on-site involvement during an agreed upon length of time. *Pre-requisites: Permission of the student's field experience supervisor. (A fee per credit hour is assessed for field experiences during the summer. During the semester the credit counts within the load).*

### OREC 1720 Backpacking and Orienteering (1)

This course provides an introduction to backpacking. The content will focus on backpacking and camping skills such as clothing selection, fire building, Leave-No Trace practices, map and compass, and the use of camping gear. At least one backpacking trip is required.

### OREC 1731 Rock Climbing (1)

Designed for the beginning and intermediate climber, students will learn knots, basic climbing skills, and safety.

### OREC 1732 Advanced Rock Climbing (1)

This course is designed for the intermediate and advanced climber. Students will learn technical rope techniques, a variety of options for top-rope setup, proper placement of rock protection, and the basics of lead climbing. Offered spring semesters. Prerequisite: OREC 1731 or permission of professor.

**OREC 1741 Canoeing (1)**

Emphasis on tandem paddling skills, lake and whitewater canoeing, and water safety and rescue. Prerequisite: Swimming ability.

**OREC 1742 Advanced Canoeing (1)**

Designed for the novice solo canoeist or intermediate tandem canoeist seeking to move into solo canoeing, the emphasis of the course is on proper solo technique for use in a whitewater setting. Rolling and C-1 techniques will also be introduced. Offered fall semesters. Pre-requisites: OREC 1741 or permission of professor. Swimming ability.

**OREC 1751 Kayaking (1)**

This course is designed for the beginning and intermediate kayaker. The emphasis will be placed on the self and assisted-rescue techniques, basic paddling strokes, river reading, hydrology, water safety, and rescue. Prerequisite: Swimming ability.

**OREC 1752 Advanced Kayaking (1)**

This course is designed for the intermediate and advanced kayaker. Students will learn a variety of rescue procedures, advanced river reading and hydrology, advanced strikes and maneuvers while paddling more difficult rivers/creeks. (Offered fall semesters). Prerequisites: OREC 1751 or permission of professor. Swimming ability.

**OREC 1761 Downhill Skiing (1)**

Designed for the beginning and intermediate skier, this course includes two lecture classes and five ski trips to a local slope. Students receive one hour of instruction and three hours of ski time during each trip. Fee \$275. No refund after first class.

**OREC 1762 Winter Outdoor Recreation (1)**

This course, taught in the winter months (typically in the spring semester), has varying content, depending on the weather and location. Emphasis is on how to live comfortably outside in cold environments and winter ecology. Content may include cross-country skiing, snow showing, snow and ice climbing and travel, winter backpacking, and snow shelter construction. At least one backcountry trip is required. No prerequisite. Previous camping experience preferred. *(Every odd spring). Fee.*

**OREC 2230 Teaching Methods and Curriculum Development in Outdoor Recreation Studies (4)**

This course focuses on the development of curricula that integrates adventure education and environmental education from a Christian perspective. Students develop a philosophy of teaching and have opportunities to observe teachers and practice teaching techniques in local schools and programs. Three hours lecture and three hours lab per week. *(Every fall semester).*

**OREC 2210 Human Health and the Natural Environment (3)**

This course approaches the issues of human health and quality of life from the perspective of the natural environment. That is, in what ways do natural environments impact human health and an individual's reported sense of quality of life. Questions such as, how much nature is needed to promote health, location attributes that encourage participation, and innate human affinity to nature will be discussed. In order to accomplish this task, this course will encompass a variety of readings, class discussion, guest speakers, and several experiential learning components. *(Even spring semesters).*

**OREC 2211 Wilderness First Aid (1)**

This course is designed to include all training necessary to become certified in dealing with various aspects and levels of outdoor/wilderness crises in remote settings. Course content is critical for any outdoor professionals. Principles covered include management of medical environmental and critical care emergencies in wilderness settings. Participants must be able to negotiate all types of terrain in all types of weather conditions for mock rescue scenarios. *Fee.*

**OREC 2221 Outdoor Living Skills (3)**

This course reinforces the skills learned from OREC 1130 and continues to increase the competency of living safely, comfortably, and respectfully in the outdoors. The course will introduce backcountry emergency & risk management, expedition travel techniques, monitoring group safety, backcountry cooking techniques, all under the purview of leave no trace environmental ethics. It also develops the confidence of those intending to lead others backpacking and camping in a wilderness setting by offering an opportunity for peer teaching. The course includes two - weekend backpacking trips – dates to be announced in class. Prerequisite: OREC 1130 or permission of professor. Transfer ORS students can take the course without the prerequisite. *(Every fall semester).*

**OREC 2311 Survey of Environmental Education Curricula (3)**

In this course, students will be trained to use curricula, such as Project WET, Project WILD, Project Learning Tree, Aquatic WILD, and/or CATCH so that they can creatively teach others about content included in each curriculum. These curricula can

be used in most outdoor educational settings with a variety of age groups. Students who participate in this class progress toward fulfilling the instructional workshop requirement for the North Carolina Environmental Education Certification. (*Odd spring semesters*).

**OREC 2801 Special Topics in Outdoor Recreation Studies (Lower-Level) (1-3)**

This course will provide students and faculty the opportunity to examine current issues or specialized topics within the discipline at a lower level of study (appropriate for freshman or sophomore academic experience). Topics will be determined by the department. Class will meet 15 hours for each hour of credit offered. Repeatable for different topics. (*Offered by department discretion*).

**OREC 4212 Wilderness First Responder (3)**

Wilderness First Responder (WFR) is the definitive course in medical training for outdoor recreation professionals, educators and others who work or play in remote areas. The curriculum is comprehensive and practical, including all of the essential principles and skills required to assess and manage medical problems in isolated and extreme environments. *Fee*.

**OREC 3222 Outdoor Programming and Leadership: Expedition Management (4)**

A wilderness leadership course which offers advanced instruction in leadership skills such as judgment and decision-making, group management, route and ration planning, land navigation, teaching and facilitation techniques, and risk management. Emphasis is on professional leadership development. Course includes a required backpacking trip. *Pre-requisites: OREC 1130, OREC 2221 and OREC 2330 or permission of instructor. (Odd spring semesters). Fee.*

**OREC 3312 Principles of Environmental Interpretation (3)**

This course prepares students to communicate clearly in written, spoken and visual forms. The overriding focus of the course is to prepare students to design and present displays, exhibits, brochures and public programs in a professional and understandable manner. The National Park Service (NPS) philosophy of interpretation is used as a model in this course since the NPS has perfected techniques for communicating technical information to lay publics in an informal, relaxed atmosphere. (*Every fall semester*).

**OREC 3320 Environmental Policy and Law (3)**

A course designed to acquaint students with the history of natural resource management, agencies that manage public lands, and laws created to protect natural resources. Students will also explore policies of the United States government, and current agencies and laws that govern use or abuse of the environment. Students travel to Washington, DC as a part of this course. (*Even spring semesters*). *Fee*.

**OREC 3410 Group Dynamics and Behavioral Management (3)**

This interdisciplinary course is for students who want to become more effective as a small group participant and leader. It focuses on different types of small groups and the communication skills essential for effective group participation and facilitation. Theory is coupled with experiential learning to gain an understanding of group development and leadership that enriches individual lives and builds a Christian community. This course also works through an established curriculum on behavioral and group management, this class is excellent for all outdoor leaders but is especially helpful for students working at camps or interested in careers in wilderness and outdoor therapy as well as camps. (*Odd spring semesters*).

**OREC 3420 Conference and Event Planning (1-3)**

This course is designed to expose students to the planning and organization of a professional Outdoor Recreation/Education related conference. The students will gain experience in organization, development and follow through the details needed to carry out a professional conference including various levels of the conference planning and evaluation. (*Offered by department discretion*).

**OREC 3430 Survey of Adventure-Based Counseling (3)**

This course is intended to provide an overview of the theoretical underpinnings, conceptual foundations, and necessary skills related to the field of Adventure-Based Counseling. Topics will include history, theories, ethical issues, populations, faith considerations, and specific skills and techniques related to Experiential Therapy, particularly in an adventure context. Students will be encouraged to participate in personal reflection and processing related to class content. The course will include at least one day-long site visit and one day-long Adventure-Based Counseling experience. *Prerequisite: PY 201 or 202. (Offered by department discretion)*.

**OREC 3242 Challenge Course Facilitation (2)**

This course will focus on the facilitation of high challenge course elements including fixed high ropes courses and climbing towers. The course is intended to provide a more intensive focus on the challenge course industry and necessary skills for the



facilitation of challenge course programming. Emphasis will be placed on group processing skills, technical equipment and skills, and management/assessment techniques. This course will follow industry standards as set forth by the Association for Challenge Course Technology (ACCT). This course is not an ACCT or Montreat College Team and Leadership Center facilitator certification, training or testing, but should provide students with a foundation to move forward to become certified should they wish to do so on their own. *Prerequisite: OREC 1120 and 1241. (Odd spring semesters).*

**OREC 3513      Practicum (1-3)**

A supervised learning experience that provides the student with initial exposure to relevant professional activities. Supervision of the practicum is a shared responsibility between the faculty advisor and on-site supervisor. This course may be repeated; a maximum of three (3) hours may be used to satisfy degree requirements. *Pre-requisites: IS 310, permission of the student's advisor and department chair or designee.*

**OREC 3514      Internship (3)**

Designed to serve as a culminating field experience for students majoring in Outdoor Recreation Studies, this experience provides broad-based exposure to all operational facets of an outdoor recreation program. The intent is to provide each student with a full-time placement in his or her area of concentration. *Prerequisites: OREC 2311 and 2312, junior status.*

**OREC 4223      Advanced Technical Skills (4)**

A course offering instruction in leading and guiding several outdoor adventure recreation activities including, rock climbing, whitewater paddling, and canoeing experiences. Emphasis is on instruction techniques, programming considerations, skill development, and professional leadership. Students gain teaching and leadership experience. *Prerequisites: OREC 190, OREC 312, or permission of instructor. (Even fall semesters).*

**OREC 4224      Wilderness Institute (3)**

Wilderness institute, the outdoor leadership and adventure education tracks' capstone course, encourages students to look both inward at the way that they personally interact and are affected by experiences in the natural environment as well as outward and forward at how students see themselves as outdoor leaders, environmental stewards, and effective group facilitators. This is achieved through in class seminar-based meetings and an off-campus backcountry experience. This course offers the opportunity for senior students to receive feedback on their acquired skills, knowledge of the outdoor leadership field, and ability to manage risk and administer an effective outdoor adventure experience. *Prerequisites: This course is for senior level students and have taken OREC 1130, OREC 2221, OREC 3222, OREC 3410. (Even spring semesters).*

**OREC 4610      Administration and Management of Outdoor Recreation Programs (4)**

A study of administrative procedures for a broad scope of outdoor recreation programs. Topics will include personnel and facility management, program development, boards and committees, fiscal planning, staff hiring and training, public relations, insurance, record keeping, marketing and risk management. Students will develop the administrative infrastructure for a new program. Course includes at least three site visits to local outdoor recreation facilities. *Prerequisites: OREC 1120, OREC 3312, and senior standing in the major. (Every fall semester).*

**OREC 4620      Current Issues in Outdoor Recreation Studies (3)**

A course designed for graduating seniors preparing to enter the Outdoor Recreation Studies field. Students will be required to read a wide variety of literature and discuss pertinent issues in the ORS field. Students will complete a major literature review and at least two oral presentations on the issues researched. *Pre-requisites: OREC 3312 and senior standing in the major. (Every spring semester).*

**OREC 4630      Senior Seminar (1)**

Designed to prepare Outdoor Recreation Studies majors to make the transition to professionals in the field, this course includes job search and interview skills and will assist students in gaining a deeper understanding of God's calling and in bringing closure to the student's academic career. Students will complete a résumé, portfolio, and a comprehensive assessment and exit interview. Required of all ORS majors in their final semester. *Pre-requisite: Senior standing in major. (Every spring semester).*

**OREC 4801      Special Topics in Outdoor Recreation Studies (Upper-Level) (1-3)**

This course will provide students and faculty the opportunity to examine current issues or specialized topics within the discipline at an upper-level of study (appropriate for junior or senior academic experience). Topics will be determined by the department. Class will meet 15 hours for each hour of credit offered. Repeatable for different topics. *(Offered by department discretion).*

**OREC 4802 Directed Study and Research (1-3)**

Students may choose to participate in a directed study of their own choice contingent on faculty availability. Credit varies from 1-3 hours although a student can repeat for up to six hours of credit. *Prerequisite: Junior status or above. A cumulative GPA of 2.5 and approval of the department chair is required.*

## Special Programs

### Field-Based Wilderness courses *(additional course fees apply)*

Montreat College offers unique wilderness courses, Discovery Wilderness Expedition (3 - 4 credits) and the immersion semester (15 credits), which are open to all students. Course components may include backpacking, whitewater paddling, rock climbing, land navigation, and a solo experience. Traveling in small groups, students experience the beauty and challenge of the wilderness while developing camping skills and learning backcountry navigation. Through these experiences, students are encouraged to work together, develop an attitude of service, and gain an appreciation for the natural environment. Emphasis is placed on spiritual growth and Christian fellowship.

### Montreat Outdoor Recreation Studies Wilderness Immersion Semester

The ORS program's immersion semester is for students in the outdoor leadership and adventure education concentration. This semester program, run in the spring semester, is for sophomore or junior students. In the immersion semester students will focus ORS courses primarily within the adventure context. Students will take 15 credit hours functioning as a cohort.

OREC 1762	Winter Outdoor Recreation (1)
OREC 4212	Wilderness First Responder (3)
OREC 3222	Outdoor Programming/Leadership: Expedition Mgmt. (4)
OREC 3242	Challenge Course Facilitation (2)
OREC 3410	Group Dynamics and Behavioral Management (3)
ENSC 2512	Field Natural History II (2)