

Outdoor Recreation Management (ORM)

ORM 101: Introduction to Outdoor Recreation (3) This introductory level course is designed as an overview of the historical background, theoretic underpinnings, and philosophical perspectives of outdoor recreation. Students will research, explore, and discover professional competencies and vast career opportunities within the field of outdoor recreation including outdoor education schools, higher education administration, outdoor-related businesses, environmental education, experiential education, outdoor adventure/guiding services, non-profit, camping industry, adaptive sports, therapeutic recreation, and municipal parks and recreation.

ORM 201: Outdoor Teaching and Facilitation (3) This course will study theories and principles of experiential education including: group dynamics, problem solving, decision making, communication skills, and conflict resolution. Students will develop facilitation skills, explore teaching techniques, approaches, and strategies specific to an outdoor setting. Field-trip required.

ORM 202/LHF 202: Outdoor Living Skills (3) Students will learn the technical skills of outdoor living, develop curriculum plans, teach lessons, and practice skill progression. Topics will include living skills such as: Gear packing, camping skills, stove usage, cooking and nutrition, sanitation and hygiene, and fire building. Field safety skills will include: Bear precautions, backcountry lightening procedures, group management, survival, and search and rescues techniques. Backcountry travel curriculum will include: Trail technique, navigation, route planning, river crossings, weather, and astronomy. Environmental ethics will be discussed and the course offers a Leave No Trace Trainer certification; participation in the course does not guarantee certification. Field-trip required. An additional fee is required.

ORM 220: Kayaking and Canoeing (2) An introduction to flatwater kayaking and canoeing. Course topics include: kayak and canoe technical skills; equipment management; trip planning; hazard recognition; and rescue skills. Field trips and additional fees are required.

ORM 223/LHF 223: Fly Fishing (2) In the course the student will acquire the knowledge, skills, and tactics that they will use to problem solve in the constantly changing natural environment. Instruction /participation will include, but is not limited to, the following topics: conditioning, basic fly tying, tying local patterns, conservation techniques, equipment use/care/selection, fly casting, aquatic entomology, stream hydrology, interpretation of fly fishing opportunities, fly fishing-tactics, basic knots, and field trips to local streams. There are several unique features surrounding the fly fishing course that should be noted. Because of the geologic location of Lees-McRae College, we are located near many of the premiere fly fishing streams. We use these streams for our weekly field trips to apply what is learned and enhance the basic understanding of the sport. Field trips and additional fees are required.

ORM 225/LHF 225: Rafting (2) This course will provide students with an understanding of whitewater travel by rafting. Topics will include: Boat control and efficient rowing, raft maneuvers, equipment, loading, expedition planning and behavior, and rescues techniques. Field trips and additional fees are required.

ORM 231/LHF 231: Rock Climbing (2) This course provides the opportunity for students to learn many of the skills necessary to enjoy the adventurous sport of rock climbing. The course will include instruction for bouldering, top rope climbing skills, repelling, climbing site risk management, basic anchor construction, equipment use, and basic climbing technique. The course will take place on the Lees-McRae College indoor climbing wall and at area real rock sites during optional rock climbing trips. Field trips and additional fees are required.

ORM 232: Challenge Course/Canopy Tour/Zipline Skills (2) The major focus of this course is to provide students with the opportunity to gain the skills and knowledge that help them become more effective, confident, competent, and sage challenge course leaders. Course topics include: challenge course procedures; safety systems and standards; maintenance and inspections, and facilitation of both low and high ropes programs. Students will work with on-campus groups to provide team building programs. Field trips and additional fees are required.

ORM 233: Hiking and Backpacking (2) This course provides students with an exciting “hands-on” opportunity to learn about and experience a variety of outdoor adventure skills and activities related to hiking, backpacking, and camping. These skills include hiking and trail technique; backpacking equipment selection and use; campsite selection; camping skills; map and compass usage; and leave no trace outdoor ethics principles. Field trips and additional fees are required.

ORM 235: Mountain Biking (2) The course will combine a series of indoor lectures with practical outdoor riding experiences on trails located on the Lees-McRae College campus. Course topics include: riding techniques, clothing, equipment, safety, on-trail bike maintenance, and environmental concerns. Field trips and additional fees are required if the following equipment is needed: mountain bike, helmet, and tire repair kit.

ORM 237/LHF 237: Skiing and Snowboarding (2) This is a course of instruction in the skills of snow skiing and snowboarding. Students are placed in classes appropriate to level of ability. Students must provide their own transportation to the ski site. Field trips

and additional course fees are required.

ORM 239/LHF 239: Adaptive Adventure Recreation (2) This course provides students with an understanding of inclusion and its application to the design and delivery of outdoor programs and services. This is accomplished through modifications in equipment and programming. The areas of paddling, climbing, cycling and skiing will be covered. Students will have the opportunity to utilize specialized equipment, as well as learn techniques for teaching and leading activities for specialized populations. There are several unique features surrounding this course that should be noted. Through local partnerships students will be able to access the areas of Camp Holston, Beech Mountain and more utilizing specialized equipment provided by Catalyst Sports – Boone Chapter. Field trips and additional fees are required.

ORM 241: Advanced Rock Climbing (2) This course is designed for individuals who have prior skills in rock climbing and are looking to further increase their skill level. The course will cover advanced rock climbing techniques and topics including: Lead climbing, anchor building, advanced knot tying, and rescue skills. Advanced safety and management of climbing sites will be included. Field trips and additional fees are required. Prerequisite: ORM 231 Rock Climbing or permission of instructor.

ORM 299: Outdoor Leadership Skills (3) Introduces the development, acquisition, and application of leadership skills and knowledge to the outdoor setting. Focus on outdoor leadership theory, tolerance for adversity and uncertainty, and valuing diversity. Examines principles and strategies used for outdoor recreation career planning including: resume writing, interview and presentation skills; internship, employment, and graduate school opportunities. Field trip required. (VI)

ORM 301: Outdoor Skills Pedagogy (2) This course will function similar to a Teaching Assistant position for an Outdoor Recreation Management Skill Fundamentals course. This course is for students who have intermediate or advanced outdoor technical skills in a specific skill set, who are seeking experience in teaching technical skills. Only one student per Outdoor Skill Fundamental course is allowed. This course will provide students the opportunity to lesson plan, teach, and evaluate under the leadership of an ORM faculty member. Prerequisite: ORM 201 Teaching and Facilitation. Instructor and Program Coordinator permission required.

ORM 303: Wilderness First Aid (1) This course will help students prepare for the unexpected. This fast paced, hands-on training is designed to meet the needs of outdoor and environmental educators, outdoor enthusiasts, and individuals working in remote locations. It will introduce students to caring for people who become ill or injured far from definitive medical care. Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will challenge you to integrate your learning. Taught by NOLS Wilderness Medicine Instructor(s) in a two-day format.

ORM 305: Wilderness First Responder (3) This is a nationally recognized program that trains participants to respond to emergencies in remote settings. The 80-hour curriculum, taught in a 9-day format, includes standards for urban and extended care situations. Special topics include but are not limited to: wound management and infection, realigning fractures and dislocations, improvised splinting techniques, patient monitoring and long term management problems, up-to-date information on all environmental emergencies, plus advice on drug therapies. Emphasis is placed on prevention and decision-making, not the memorization of lists. This course is designed specifically to provide you with the tools to make critical medical and evacuation decisions in remote locations. Half of your time will be spent completing practical skills, case studies and scenarios designed to challenge your decision making abilities. Adult CPR is included in this course.

ORM 315: Outdoor Recreation Administration (3) Examines the principles and practices of supervision and management of outdoor recreation programs. Introduces fundamental principles and techniques for planning, supervising, staffing, and budgeting for outdoor recreation programs. Topics include program design, facility management, fiscal management, access to public lands and permitting. Program logistics, staff recruiting, supervision and training will also be covered. Students prepare to design and implement outdoor recreation programs at appropriate outdoor sites for various agencies, organizations, and audiences. Field-trip required.

ORM 321: Leave No Trace Master Educator (2) This course provides students with a comprehensive overview of Leave No Trace skills and ethics through practical application in a field-based setting. It is run as a combination of a one-day classroom component, three-day/two-night field component and one-day community outreach opportunity at Grandfather Mountain. Students will practice Leave No Trace teaching strategies by delivering lesson plans and activities. The Master Educator course prepares students to deliver two-day Leave No Trace Trainer courses and one-day or shorter Awareness Workshops. Course completion results in Master Educator certification with the Leave No Trace Center for Outdoor Ethics.

ORM 337: Ski & Snowboard Instructor PSIA-AASI Level I Certification Prep (3) This course will cover teaching, learning, riding, and children's teaching concepts preparing you to become a ski or snowboard instructor. This course combines riding, teaching, and training. Training comes in the form of reading, participation, clinics, teaching students, and video analysis. This course requires additional teaching requirements at Beech Mountain's Ski School throughout the ski season. Intermediate ski or snowboarding skills required. Instructor permission required. A PSIA-AASI membership is required and can be obtained before the course begins. Additional fees are required and include a season pass to Beech Mountain.

ORM 339: National Ski Patrol Certification Prep (3) This course enables intermediate skiers and snowboarders with medical skills to gain skills and knowledge in preparation to pass the National Ski Patrol Exam, gaining employment opportunities at commercial resorts. The course consists of five core modules: Area operations and risk management; emergency care; lift evacuation and rope knowledge; skiing /snowboarding; and toboggan handling. Course work will take place at Beech Mountain Ski Resort. This course requires independent training and advanced research in order to complete the modules and obtain the certification. The National Ski Patrol Exam is not included in this class and must be taken at a later date. Intermediate ski or snowboarding skills and an EMT or WFR required. Instructor permission required. Additional fees are required and include a season pass to Beech Mountain.

ORM 410: Risk Management in Outdoor Recreation (3) Introduces risk management in the outdoor environment. Risk identification, assessment, and minimization will be addressed. Students will learn how to establish emergency protocols, write risk management plans, and respond to backcountry emergency situations. The course will also cover current law and liability issues for outdoor recreation administrators of facilities and programs.

ORM 471: Outdoor Recreation Internship (3) This course is a full-time work experience for outdoor recreation majors taken under the direction and supervision of the internship coordinator, who monitors the student's progress and experience. The student is supervised by an on-site manager of the organization who will directly evaluate the student's work performance. Emphasis on administrative, supervisory, teaching, and program leadership in an outdoor recreation setting. A formal paper and oral presentation is required when the internship is completed. A student working 200 to 399 hours during the internship will receive 3 hours credit. If a student works more than 400 hours during the internship, 6 hours of credit will be given. Prerequisite: Junior or senior status and permission of the instructor.

ORM 498: Contemporary Issues in Outdoor Recreation (3) This course is designed to increase a student's ability to critically analyze and discuss trends and issues in outdoor recreation. Students examine their own ethical perspectives while building skills to become competent, ethical outdoor leaders. Social justice topics in outdoor recreation will include: Race, ethnicity, gender, age, disability, and spirituality with special attention given to equality and inclusion skills for leaders. Oral and written presentations are required throughout the course. (WI)

ORM 499: Senior Research (3) This capstone course integrates all the functional areas of outdoor recreation in the analysis and solution of industry problems. Case studies and simulations are employed, as are related readings and outdoor research. Oral and written presentations are required throughout the course, culminating in a more extensive research project. An experiential learning component of community service is also required. Prerequisites: ORM 498, senior status, and permission of the instructor. (WI)