REC - OUTDOOR RECREATION

Due to the course content and environmental requirements, a significant number of REC classes will be held off of the MSU Billings main campus. Courses may meet on weekends and/or during semester breaks. Some courses require a special fee that covers, but is not limited to: transportation, food, gear, lift tickets, and certifications.

REC 200 Fnd Outdoor Advent Leadershp. 3 Credits
Corequisite(s): REC 201.
Provides an overview of the theoretical and practical foundations of the discipline including history, research, professional development, and current trends. Field experiences required.
Lecture Hours 3
Department: Health & Human Performance

REC 201 Fnd Outdoor Adv Leadershp Lab. 1 Credit
Term Typically Offered: Fall
Corequisite(s): REC 200 or consent of instructor.
Provides laboratory experiences in OAL to complement student learning in the classroom. By its nature, outdoor adventure leadership involves activities that are dependent upon physical activity. Overnight field experiences required.
Lab Hours 1
Department: Health & Human Performance

REC 230 Instrct Strat: Bckcntry Anglrs. 2 Credits
Prerequisite(s): ACT 173 or consent of instructor.
Provides an in-depth exploration of fishing, guiding, instruction, and programming. Activity-specific technical skill development, equipment management, hazard recognition, and professional instructional techniques are addressed. Field experiences required.
Lecture Hours 2
Department: Health & Human Performance

REC 233 Instruct Strat: Ski/Snowboard. 2 Credits
Term Typically Offered: Fall
Prerequisite(s): REC 220 or REC 225 and Instructor approval.
Develops techniques and skills needed to become an instructor in either Alpine skiing or snowboarding. Emphasis placed on teaching techniques and learning styles. PSIA certification may be offered.
Lecture Hours 2
Department: Health & Human Performance

REC 257 Instruct Strat: Rock Climbing. 2 Credits
Prerequisite(s): ACT 114 or consent of instructor.
Provides an in-depth exploration of climbing instruction and programming. Activity-specific technical skill development, equipment management, hazard recognition, assistance skills, and basic instructional techniques are addressed. Field experiences required.
Lecture Hours 2
Department: Health & Human Performance

REC 270 Instruct Strat: Water Program. 2 Credits
Prerequisite(s): ACT 178 or ACT 177 or ACT 176 or consent of instructor.
Provides an in-depth exploration of water program instruction. Activity-specific technical skill development, equipment management, hazard recognition, assistance skills, and basic instructional techniques are addressed. Field experiences required.
Lecture Hours 2
Department: Health & Human Performance

REC 280 Challenge Course Facilitation. 3 Credits
Corequisite(s): REC 281.
Provides historical, theoretical, and experiential understanding of program and management practice associated with the use of challenge courses. Technical skill development, group facilitation strategies, safety procedures, equipment management, and program design are addressed. Field experiences required.
Lecture Hours 3
Department: Health & Human Performance

REC 281 Challnge Course Facilitatn Lab. 1 Credit
Term Typically Offered: Spring
Corequisite(s): REC 280 or consent of instructor.
Provides laboratory experiences in OAL to complement student learning in the classroom. By its nature, challenge course facilitation involves activities that are dependent upon physical activity. Overnight field experiences required.
Lecture Hours 0, Lab Hours 1
Department: Health & Human Performance

REC 285 Scuba Diving I. 2 Credits
Term Typically Offered: Spring, Summer
Teaches understanding and application of scuba diving techniques, equipment, and knowledge of diving hazards and precautions. The skills include, but are not limited to: remove mask and clear, remove and recover regulator, remove and recover Scuba equipment, demonstrate cramp removal, assist other divers, underwater navigation, hand and arm signals, signs and symptoms of decompression sickness, plan and conduct open water dives, dive computer, wetsuit utilization.
Lecture Hours 2
Department: Health & Human Performance

REC 294 Seminar/Workshop. 1-4 Credits
Department: Health & Human Performance

REC 300 Advt Program Design & Delivery. 3 Credits
Term Typically Offered: Fall
Prerequisite(s): REC 200 or consent of instructor.
Provides theoretical and experiential understanding of the design of outdoor adventure programs with a clear focus on customer experience. Sequencing, event selection, outcomes development, and assessment are addressed. Field experiences required.
Lecture Hours 3
Department: Health & Human Performance

REC 306 Applied Wilderness Leadership. 3 Credits
Prerequisite(s): REC 201 or consent of instructor.
Provides a comprehensive overview of leadership and management for land-based programming, including backpacking, navigation, rock climbing, and caving. Risk management, hazard recognition, and group facilitation are also addressed. Overnight field experiences required.
Lecture Hours 3
Department: Health & Human Performance

REC 308 Appld Wildrnss Leadrshp-Winter. 3 Credits
Prerequisite(s): REC 306 or consent of instructor.
Provides a comprehensive overview of leadership and management for winter-based programming, including snowshoeing, winter camp management, and basic snow science. Activity-specific technical skill development, equipment management, hazard recognition, assistance skills, and basic instructional techniques are addressed. Overnight field experiences required.
Lecture Hours 3
Department: Health & Human Performance

REC 309 People and the Environment. 3 Credits
Provides a comprehensive overview of the principles and techniques of effective resource education, aligned with the standards and expectations from the National Association for Interpretation. Field experiences required.
Lecture Hours 3
Department: Health & Human Performance

REC 310 Leadership in Adventure Prgrms. 3 Credits
Prerequisite(s): REC 200 or consent of instructor.
Acquaints students with the history, philosophy, depth, and scope of Adventure Leadership. Methods discussed will be applied to group development, minimizing risk in the field, teambuilding, decision making, problem solving, and teaching. Students will explore and enhance their own leadership, philosophy and style through participation in group projects, lecture, and activities while taking this class.
Lecture Hours 3
Department: Health & Human Performance

REC 356 Search and Rescue. 3 Credits
Term Typically Offered: Spring
Prerequisite(s): REC 181 and Instructor approval.
Instructs individuals in the methods of searching for lost persons. Topics include search and rescue (SAR) hierarchy, personal preparedness, rescue, search, and preventative search and rescue. Course is hands-on oriented and includes one overnight experience. FUNSAR certification offered.
Lecture Hours 3
Department: Health & Human Performance

REC 357 Ropes Rescue. 3 Credits
Prerequisite(s): REC 257 and Instructor approval.
Develops skills and techniques needed to safely perform a rope rescue. Emphasis is placed on rescue philosophy, liability, mitigation, safety, managing a rope rescue, equipment, knots, anchors, mechanical advantage, low-angle and high-angle ropes systems, raising and lowering systems, rappelling, belaying, ascending, and pick-offs.
Lecture Hours 3
Department: Health & Human Performance

REC 358 Swift Water Rescue. 3 Credits
Term Typically Offered: Spring
Prerequisite(s): Instructor Approval.
Explores skills and methods of rescuing persons in swift water conditions. Students study the dynamics of moving water, natural and man-made hazards, swimming the rapids to assist in a rescue, how to deal with strainers, use of throw rope, rope rescue techniques, and the use of a rescue vest. Special topics are added as appropriate by the instructor. SWR certification offered.
Lecture Hours 3
Department: Health & Human Performance

REC 359 Bckcntry Avlnch Frcsting/Rscue. 4 Credits
Prerequisite(s): REC 308 or Instructor approval.
Develops skills and techniques needed to safely plan, recognize avalanche hazards, make safe travel decisions, and apply effective companion rescue techniques (including multiple and deep burials) in avalanche terrain. Develops an understanding of snowpack development, metamorphosis, factors that contribute to spatial variability, and avalanche release and triggering mechanisms. Introduces snow stability analysis, backcountry forecasting, and standard observation guidelines and recording formats.
Lecture Hours 4
Department: Health & Human Performance

REC 381 Expedition Leadership. 4 Credits
Prerequisite(s): REC 306.
Focuses on the integration of the outdoor, educational, and human skills essential to all professional outdoor leaders. Students will utilize a backcountry context to engage in a critical self-assessment process and practice implementing site management principles into field course management. Overnight field experiences required.
Lecture Hours 4
Department: Health & Human Performance

REC 401 Outdoor Behavioral Healthcare. 3 Credits
Prerequisite(s): REC 200 or consent of instructor.
Provides a comprehensive overview of the history, research, theory, and practice of the outdoor adventure therapy field, including therapeutic adventure, residential treatment, wilderness therapy, and adventure-based counseling. Field experiences may be required.
Lecture Hours 3
Department: Health & Human Performance

REC 411 Adventure Guiding/Instructing. 3 Credits
Prerequisite(s): REC 300 and REC 310 or consent of instructor.
Provides students an opportunity to explore teaching methods appropriate for a wide spectrum of adventure guiding and instructing. Examines learning styles, lesson planning, delivery options, risk management, evaluation, and assessment. Field experiences may be required.
Lecture Hours 3
Department: Health & Human Performance

REC 430 Risk Management in OAL. 3 Credits
Term Typically Offered: Spring
Prerequisite(s): REC 300 and REC 310 or consent of instructor.
3cr. Addresses legal structures and processes, accident assessment and management, and risk management planning related to outdoor adventure programs and services. Case studies are central to the course delivery. Field trips may be required. Field experiences required.
Lecture Hours 3
Department: Health & Human Performance

REC 470 OAL Operations & Asset Mangmnt. 3 Credits
Prerequisite(s): REC 200 and REC 310 or consent of instructor.
Provides and introduction to financial planning and management of gear/equipment/facilities common to outdoor programs, e.g., challenge course elements, climbing walls, backcountry gear and storage, boats and trailers, etc. Field experiences may be required.
Lecture Hours 3
Department: Health & Human Performance

REC 492 Independent Study. 0.5-4 Credits
Department: Health & Human Performance

REC 494 Seminar/Workshop. 1-4 Credits
Term Typically Offered: Fall, Spring
Prerequisite(s): Instructor approval.
Provides an opportunity for students to investigate intensively specific/independent areas of OAL or allows for a trial of a proposed course to determine acceptability and demand before requesting a regular course number.
Department: Health & Human Performance

REC 495 Clinic. 1-3 Credits
Lecture Hours 1-3
Department: Health & Human Performance

REC 498 Internship/Cooperative Educ. 1-6 Credits
Prerequisite(s): Instructor approval.
Provides OAL majors with practical experience in an OAL profession or a program under the supervision and by prior approval of OAL program faculty. A learning agreement must be completed with the student's advisor prior to registration. In-field contact time is 45 hours per semester credit.
Lecture Hours 1-6
Department: Health & Human Performance

REC 499 OAL Capstone. 3 Credits
Lecture Hours 3
Department: Health & Human Performance