# Physical Education: Outdoor Pursuits Courses

## Courses

**PEO 199. Special Studies: [Topic]. 1-2 Credits.**
Repeatable.

**PEO 242. Bouldering I. 1 Credit.**
Techniques for rock climbing without the security of a rope. Emphasis is on safety, skill development and conditioning. Repeatable once for a maximum of 2 credits,

**PEO 251. Rock Climbing I. 1 Credit.**
Repeatable. Basics of safe and responsible rock climbing. Equipment, knots, belaying, rappelling and a range of other climbing techniques. Conducted on the indoor rock climbing wall. Repeatable once for a maximum of 2 credits.

**PEO 252. Rock-Climbing Fitness. 1 Credit.**
Repeatable. Continued development of basic climbing skills, with emphasis on improving flexibility and injury prevention. Refine face and crack climbing techniques. Conducted on the indoor climbing wall. Repeatable once for a maximum of 2 credits.
Prereq: PEO 251 or equivalent.

**PEO 285. Wilderness Survival. 1 Credit.**
Repeatable. Our gateway course must be passed (C- or better) prior to participating in our backcountry-oriented courses. Emphasizes navigation, safety and survival. Repeatable once for a maximum of 2 credits.

**PEO 325. Swift-Water Safety. 1 Credit.**
Repeatable. Covers methods of crossing shallow and deep swift-water streams. Includes hazard assessment, swimming techniques, knots, rope work, technical systems, pendulum and Tyrolean traverse crossings. All PE courses are repeatable once for credit.
Prereq: PEO 285 and basic swimming ability.

**PEO 331. Outdoor Rock Climbing. 2 Credits.**
Repeatable. Introduction to anchor building, basic rescue techniques, and outdoor climbing in the context of classroom sessions and a 3-day outing to Smith Rock. Sequence: PEO 251 or equiv experience. All PE courses are repeatable once for credit.
Prereq: PEO 251.

**PEO 351. Backpacking. 2 Credits.**
Repeatable. For those with little or no backpacking experience. Introduces the basics of backpacking in the context of classroom sessions and a three-day outing to the Oregon Coast. Repeatable once for a maximum of 4 credits.
Prereq: PEO 285

**PEO 353. Backcountry Cuisine. 1 Credit.**
Students learn how to plan menus, package food, and implement “leave no trace” cooking and baking techniques utilizing backcountry stoves and cooking systems. Repeatable once for a maximum of 2 credits.

**PEO 356. Backcountry Navigation. 2 Credits.**
Repeatable. Provides an opportunity to master efficient on- and off-trail navigation techniques on a three-day trip in rugged subalpine terrain. Repeatable once for a maximum of 4 credits.
Prereq: PEO 285 and 351 or equivalent experience.

**PEO 362. Mountaineering. 2 Credits.**
Covers basic mountaineering skills during classroom sessions and an intensive three-day mountain outing. Emphasis on hazards, rigging, roped travel, ice ax arrests, belays, and rescue.
Prereq: PEO 285, PEO 351.

**PEO 366. Vertical Rescue Techniques. 2 Credits.**
Repeatable. Introduces vertical rescue techniques including belay escapes, passing a knot, rope ascension, counterbalance, lowering and raising rescues. Held at the rescue facility and rock wall. Repeatable once for a maximum of 4 credits.
Prereq: PEO 315 or 331 or equivalent experience

**PEO 369M. Science of Climbing. 2 Credits.**
Introduction to the physics and scientific principles behind climbing, climbing equipment, anchors, ropes, climbing gear, static versus dynamic load, fall factor, and breaking strength. A prerequisite is students must have completed at least one Outdoor Program climbing course. Multilisted with PHYS 369M.
Prereq: PEO 251.

**PEO 371. Snow Camping. 2 Credits.**
Repeatable. Emphasis on winter camping skills, campsite selection, construction of snow shelters, winter route finding, and survival techniques. Repeatable once for a maximum of 4 credits.
Prereq: PEO 285 and 351 or equivalent experience.

**PEO 391. Winter Navigation. 2 Credits.**
Topics include cold weather clothing and equipment requirements, thermoregulation, cold injuries, route finding, Leave No Trace travel and camping ethics, and winter navigation and survival techniques. Skills applied on a three-day outing. Repeatable once for a maximum of 4 credits.
Prereq: PEO 285, PEO 351.

**PEO 392. Backcountry Survival. 1 Credit.**
Repeatable. Basic survival skills for cool, wet, and windy Pacific Northwest environment. Topics/techniques include survival gear and techniques, emergency shelters, and fire building. Repeatable once for a maximum of 2 credits.
Prereq: PEO 285 and 351 or equivalent experience

**PEO 399. Special Studies: [Topic]. 1-2 Credits.**
Repeatable.

**PEO 411. Leadership Dynamics. 2 Credits.**
Discover how leadership, group dynamics, risk management, and other factors play an integral role in shaping the character, productivity, and safety of teams.
Prereq: PEO 285.

**PEO 412. Leading in Nature. 2 Credits.**
Focuses on the natural history of the regions explored on field outings and on developing outdoor teaching skills.

**PEO 413. Field Leadership. 2 Credits.**
Focuses on campcraft, field leadership, navigation, and safety skills. Includes a three-day outing and van driver training.
Prereq: PEO 285, PEO 351 or equivalent experience.