

Physical Education: Outdoor Pursuits (PEO)

Courses

PEO 124. Wilderness First Aid. 1 Credit.

Wilderness First Aid (WFA) is an introductory course designed to prepare students to respond to common medical emergencies in remote and outdoor settings. The course emphasizes basic patient assessment, injury management, environmental considerations, and decision-making when access to emergency services may be delayed. Through a combination of classroom instruction and hands-on practice, students will develop confidence in providing care in backcountry environments. This course supports safe outdoor recreation and promotes awareness of risk management and emergency response principles.

Repeatable 1 time for a maximum of 2 credits

Additional Information:

General Limitation applies: Applied, skills, career, or professional development course

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

Experimental course - topic varies.

Repeatable 99 times

Additional Information:

General Limitation applies: Activity Course

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 1 time for a maximum of 2 credits

Additional Information:

General Limitation applies: Activity Course

PEO 251. Rock Climbing I. 1 Credit.

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 1 time for a maximum of 2 credits

Additional Information:

General Limitation applies: Activity Course

PEO 252. Rock-Climbing Fitness. 1 Credit.

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.

Requisites: Prereq: PEO 251.

Repeatable 1 time for a maximum of 2 credits

Additional Information:

General Limitation applies: Activity Course

PEO 285. Wilderness Survival. 1 Credit.

Our gateway course must be passed (C- or better) prior to participating in our backcountry-oriented courses. Emphasizes navigation, safety and survival.

Repeatable 1 time for a maximum of 2 credits

PEO 325. Swift-Water Safety. 1 Credit.

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.

Requisites: Prereq: PEO 285 and basic swimming ability.

Repeatable 1 time for a maximum of 2 credits

Additional Information:

General Limitation applies: Activity Course

PEO 331. Outdoor Rock Climbing. 2 Credits.

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.

Requisites: Prereq: PEO 251.

Repeatable 1 time for a maximum of 4 credits

Additional Information:

General Limitation applies: Activity Course

PEO 351. Backpacking. 2 Credits.

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.

Requisites: Prereq: PEO 285.

Repeatable 1 time for a maximum of 4 credits

Additional Information:

General Limitation applies: Activity Course

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 1 time for a maximum of 2 credits

Additional Information:

General Limitation applies: Activity Course

PEO 356. Backcountry Navigation. 2 Credits.

Provides an opportunity to master efficient on- and off-trail navigation techniques on a three-day trip in rugged subalpine terrain.

Requisites: Prereq: PEO 285 and 351 or equivalent experience.

Repeatable 1 time for a maximum of 4 credits

Additional Information:

General Limitation applies: Activity Course

PEO 360. Avalanche Training. 2 Credits.

In Avalanche Training, you will learn how to recognize avalanche terrain, understand the avalanche forecast, plan your trips, and perform a companion rescue.

Requisites: Prereq: PEO 285, PEO 351.

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.

Requisites: Prereq: PEO 285, PEO 351.

Additional Information:

General Limitation applies: Activity Course

PEO 366. Vertical Rescue Techniques. 2 Credits.

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.

Requisites: Prereq: PEO 315 or PEO 331.

Repeatable 1 time for a maximum of 4 credits

Additional Information:

General Limitation applies: Activity Course

PEO 371. Snow Camping. 2 Credits.

Emphasis on winter camping skills, campsite selection, construction of snow shelters, winter route finding, and survival techniques.

Requisites: Prereq: PEO 285 and 351 or equivalent experience.

Repeatable 1 time for a maximum of 4 credits

Additional Information:

General Limitation applies: Activity Course

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.

Requisites: Prereq: PEO 285, PEO 351.

Repeatable 1 time for a maximum of 4 credits

Additional Information:

General Limitation applies: Activity Course

PEO 392. Backcountry Survival. 1 Credit.

Basic survival skills for cool, wet, and windy Pacific Northwest environment. Topics/techniques include survival gear and techniques, emergency shelters, and fire building.

Requisites: Prereq: PEO 351.

Repeatable 1 time for a maximum of 2 credits

Additional Information:

General Limitation applies: Activity Course

PEO 399. Special Studies: [Topic]. 1-3 Credits.

Experimental course - topic varies.

Repeatable 99 times

Additional Information:

General Limitation applies: Activity Course

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.

Requisites: 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.

Requisites: Prereq: PEO 285, PEO 351.

PEO 415. Wilderness First Responder. 4 Credits.

Comprehensive course to prepare students to respond to medical emergencies in remote and austere environments. Emphasis on patient assessment, decision-making, long-term care, and evacuation considerations when access to definitive care is delayed. Through a combination of classroom instruction, hands-on skills practice, and realistic scenarios, students will build confidence and competence in wilderness medicine. This course promotes leadership, critical thinking, and risk management skills applicable to outdoor recreation, fieldwork, and emergency response contexts.

Requisites: Prereq: PEO 285.

Repeatable 1 time for a maximum of 8 credits

Additional Information:

General Limitation applies: Applied, skills, career, or professional development course