

Major Offered At:  
CASCADES

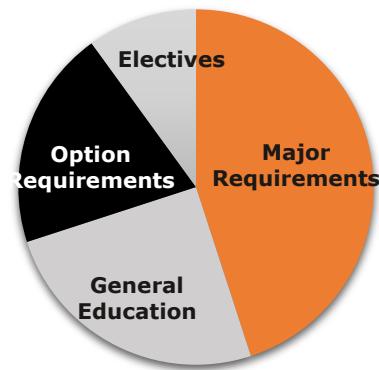
Southwestern Oregon  
Community College

## Tourism, Recreation & Adventure Leadership (TRAL) Major with Adventure Leadership Education Option

The tourism and outdoor recreation industries are growing. TRAL graduates are leaders, educators, and entrepreneurs in our most important natural spaces. Students in this option love to learn, study, and work outside. Rivers, mountains, and trails will be your classroom as you learn how to educate

others about the outdoors and guide them through life-changing outdoor experiences. After graduating, students will be prepared to work as guides or interpreters or start their own outdoor-focused businesses.

## Your Bachelor's Degree (BS) in TRAL



- A minimum of 180 credits are required for graduation; 60 must be upper division (300 and 400-level courses).
- A maximum of 135 credits earned at a community college may be applied toward a bachelor's degree at OSU.
- Only courses with letter prefixes and numbers above 100 are accepted.
- TRAL students must complete an approved internship.
- More info at: [forestry.oregonstate.edu/undergraduate-programs/tral/adventure-leadership-education](http://forestry.oregonstate.edu/undergraduate-programs/tral/adventure-leadership-education)

TRAL Major Requirements <i>Complete one course per category</i>	SWOCC Course	OSU Course	Notes
Public Speaking or Argument & Critical Discourse or Interpersonal Communication	COMM 111Z or COMM 112 or COMM 218Z	COMM 111Z COMM 114 COMM 218Z	Available online at OSU Available online at OSU Available online at OSU
Indigenous Agriculture & Subsistence Environmental Justice Sustainability, Justice, and Engagement		AG 311 ENSC/GEOG 333 SUS 331	Available online at OSU Available online at OSU Available online at OSU
Research Methods in Social Science		FES 422	Available online at OSU
Methods for Analyzing Quant Soc Sci Data		FES 428	Available online at OSU
Natural Resources & Community Values Consensus and Natural Resources End. Species, Society, and Sustainability Society & Natural Resources Women & Natural Resources		ANTH 481 FES 485 FW 350 SOC 481 WGSS 440	Available online at OSU Available online at OSU Available online at OSU Available online at OSU Available online at OSU
Elementary Statistics	STAT 243Z	ST 243Z	Available online at OSU
Sustainable Communities		SUS 350	Available online at OSU
Found of Outdoor & Adventure Professions		TRAL 132	Available online at OSU
Recreation Resource Management	F 251	TRAL 251	Available online at OSU
Nature, Eco, and Adventure Tourism		TRAL 353	Available online at OSU
Parks & Protected Areas Management		TRAL 357	Available online at OSU
Environmental Interpretation		TRAL 493	Available online at OSU

## Courses Required for Adventure Leadership Education Option

Requirement <i>Complete one course per category</i>	SWOCC Course	OSU Course	Notes
Intro to White Water Kayak		TRAL/PAC 110	
Intro to Canoeing		TRAL/PAC 111	
Outdoor Living Skills		TRAL 115	
Outdoor Living Skills Lab		TRAL 118	
Intermediate Rock		TRAL/PAC 173	
Rock Site Management		TRAL/PAC 218	
Group Facilitation		TRAL 215	
Wilderness First Responder		TRAL 222	
Inclusion & Belonging in Outdoor Recreation		TRAL 242	
Intermediate Paddle Sport		TRAL/PAC 260	
Pre-Internship Seminar		TRAL 270	
Outdoor Leadership Fundamentals		TRAL 280	
Design & Management of Outdoor Experience		TRAL 370	
Outdoor & Adventure Education		TRAL 374	
Experiential Education		TRAL 375	
River Expeditions		TRAL 377	
Mountain Expeditions		TRAL 379	
Risk Management in TRAL		TRAL 476	
Certification Practicum		Choose from a list of certification courses	
Internship for Work Experience		TRAL 410	

## General Education Courses (called Core Education)

- Complete one course in each category.
- Full listing of SWOCC courses that fulfill Core Ed requirements: [admissions.oregonstate.edu/core-education-course-articulations-southwestern-oregon-community-college](https://admissions.oregonstate.edu/core-education-course-articulations-southwestern-oregon-community-college)

<b>FOUNDATIONAL CORE</b>	Writing Foundations	WR 121Z required
	Arts & Humanities: General	
	Arts & Humanities: Global	
	Quantitative Literacy & Analysis	Fulfilled by major: STAT 243Z
	Communication, Media & Society	Fulfilled by major: COMM 111Z, 112, or 218Z
	Social Science	Fulfilled by major: ECON 201Z or 202Z
	Scientific Inquiry & Analysis	
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	Difference, Power, Oppression Foundations	
<b>SIGNATURE CORE</b>	Transitions	
	Beyond OSU I: Prepare	Fulfilled by major: TRAL 132
	Beyond OSU II: Engage	Fulfilled by major: TRAL 456
	Difference, Power, Oppression Advanced	Fulfilled by major: AG 311, ENSC 333, or SUS 331
	Seeking Solutions	Cannot be fulfilled by a major requirement
	Writing Elevation	
	Writing Intensive Course	Fulfilled by major: FOR 463, ENSC 321, or WR 462

## Advising Contacts

Academic advisors at your community college and OSU are available to answer your questions and assist you in creating a transfer plan. **See your community college advisor first and use this Transfer Guide to help you plan.** It is important to speak with your OSU academic advisor early on, and often, to ensure correct course selection and sequencing. See [visitosu.oregonstate.edu/visit-campus](https://visitosu.oregonstate.edu/visit-campus) to schedule your personalized visit.

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