

Major Offered At:

CASCADES

**Mt. Hood
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

TRAL Core Requirements <i>Complete one course per category</i>	MHCC Course	OSU Course	Notes
Public Speaking	COMM 111Z	COMM 111Z	Available online at OSU
Argument & Critical Discourse	COMM 114	COMM 114	Available online at OSU
Nature, Eco, and Adventure Tourism		TRAL 353	
Wilderness Management		TRAL 352	Available online at OSU
Parks & Protected Areas Management		TRAL 357	Available online at OSU
Ecological Aspects of Park Management		FES 444	
Research Methods in Social Science		FES 422	Available online at OSU
Natural Resources & Community Values		ANTH 481	Available online at OSU
Multicultural Perspectives in Nat Resources		FW 340	Available online at OSU
End. Species, Society, and Sustainability		FW 350	Available online at OSU
Society & Natural Resources		SOC 481	Available online at OSU
Women & Natural Resources		WGSS 440	Available online at OSU
Software Apps in Social Science Research		FES 202	
Environmental Interpretation	WL 293	TRAL 493	Available online at OSU
Principles of Statistics	STAT 243Z	ST 243Z	Available online at OSU
Sustainable Communities		SUS 350	Available online at OSU
English Composition	WR 121Z	WR 121Z	Available online at OSU

Courses Required for Adventure Leadership Education Option

Requirement <i>Complete one course per category</i>	MHCC Course	OSU Course	Notes
Intro to White Water Kayak	PE 185KY or PE 185KI	TRAL/PAC 110	
Intro to Canoeing		TRAL/PAC 111	
Intro to Outdoor & Adventure Professions	WL 150	TRAL 130	
Foundations & History of TRAL Professions		TRAL 132	
Outdoor Living Skills	WL 130	TRAL 115	
Outdoor Living Skills Lab	WL 130	TRAL 118	
Intermediate Rock	PE 185RK or PE 285RK	TRAL/PAC 173	
Rock Site Management	WL 272	TRAL/PAC 218	
Group Facilitation	WL 110	TRAL 215	
Intermediate Paddle Sport		TRAL/PAC 260	
Pre-Internship Seminar	Waived for WLE students	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	
Nature & The Human Experience		TRAL 479	
Certification Practicum		Choose from a list of certification courses	
Internship for Work Experience		TRAL 410	

General Education Courses (called the Baccalaureate Core)

- Complete one course in each Perspective category with no more than two in the same department.
- Full listing of MHCC courses that fulfill Bacc Core requirements: admissions.oregonstate.edu/baccalaureate-core-course-equivalencies-mount-hood-community-college

SKILLS COURSES	Math Writing I Writing II Speech (Writing III) Fitness	Choose one course from Bacc Core link above WR 121Z. Required to transfer. Choose one course from Bacc Core link above Completed as part of major: COMM 111Z or 114 HPE 295 @ MHCC
PERSPECTIVE COURSES	Biological Science Physical Science Additional Biological or Physical Science Cultural Diversity Literature and the Arts Social Processes and Institutions Western Culture	Choose one course from Bacc Core link above Choose one course from Bacc Core link above Choose one course from Bacc Core link above Choose one course from Bacc Core link above Choose one course from Bacc Core link above Choose one course from Bacc Core link above Completed as part of major: TRAL 132
DPD COURSE	Difference, Power, & Discrimination	Can be completed as part of major: see advisor
SYNTHESIS COURSES	Contemporary Global Issues Science, Technology, & Society	Completed as part of major: SUS 350 or TRAL 479 Completed as part of major: FW 350 or FES 485

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 to schedule your personalized visit.

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