

# B.S. in Tourism, Recreation & Adventure Leadership

OSU-Cascades

SAMPLE Academic Plan

Adventure Leadership Education Option | 2021-2022

	Fall		Winter		Spring		Summer	
<b>First Year</b>	<p><i>MATH 105: Intro Contemp Math or MATH 111: College Algebra</i></p> <p><i>WR 121: English Composition</i></p> <p>TRAL 130: Intro Outdoor Advent.</p> <p>TRAL 173: Intermediate Rock Climbing, co-req w/ TRAL 173)</p>	<p>3-4</p> <p>4</p> <p>3</p> <p>2</p> <p>1</p>	<p><i>COMM 111: Public Speaking</i></p> <p><i>WR 222: English Composition</i></p> <p><i>TRAL 132: OD Foundations &amp; Hist</i></p> <p><i>Social Processes Bacc Core</i></p> <p><i>Physical Science Bacc Core</i></p>	<p>3</p> <p>3</p> <p>3</p> <p>3</p> <p>4</p>	<p><i>HHS 231: Lifetime Fitness</i></p> <p>TRAL 115: OD Living Skills</p> <p>TRAL 118: OD Living Skills Lab</p> <p>TRAL 110: Intro WW Kayak</p> <p>TRAL 111: Intro Canoe</p> <p><i>Literature Arts Bacc Core</i></p> <p>Elective Course</p>	<p>2</p> <p>2</p> <p>1</p> <p>2</p> <p>2</p> <p>4</p> <p>3</p>		
	Total Credits	13-14	Total Credits	16	Total Credits	16		
	<p><b>Co-Curricular and Academic Opportunities First Year</b></p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Join student club or student leadership position.</li> <li><input type="checkbox"/> Participate in FY campus read and FY experiences</li> <li><input type="checkbox"/> Check out resources for student wellness, time management and study skills</li> <li><input type="checkbox"/> Participate in Cascades Adventures trip(s)</li> <li><input type="checkbox"/> Need PAC 199 Rock Climbing before TRAL 173 or valid belay card, PAC 112 ideal elective as well</li> </ul>					
<b>Second Year</b>	<p>TRAL 218: Rock Site Mgmt.</p> <p><i>Biological Science Bacc Core</i></p> <p><i>Diff, Power, Discrimin Bacc Core</i></p> <p><i>Cultural Diversity Bacc Core</i></p> <p>Elective Course</p>	<p>2</p> <p>4</p> <p>3-4</p> <p>3</p> <p>4</p>	<p>ST 201: Principles of Statistics I</p> <p>TRAL 215: Group Facilitation</p> <p><i>Bio/Phys Science Bacc Core</i></p> <p>Elective Course</p>	<p>4</p> <p>4</p> <p>4-5</p> <p>1</p>	<p>TRAL 260: Intermed. Paddle Sport</p> <p>TRAL 280: Outdoor Leadership</p> <p>FES 202: Social Science Research</p> <p>FES 422: Research Method</p> <p>Elective Course</p>	<p>2</p> <p>3</p> <p>3</p> <p>4</p> <p>3</p>		
	Total Credits	16-17	Total Credits	13-14	Total Credits	15		
	<p><b>Co-Curricular and Academic Opportunities Second Year</b></p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Check out Career Development Center resources</li> <li><input type="checkbox"/> Complete work experience, or volunteer/service, check out internship guide</li> <li><input type="checkbox"/> Attend campus events (at least 1 per term)</li> <li><input type="checkbox"/> Research study abroad opportunities and integrate into academic plan</li> <li><input type="checkbox"/> Think about adding a minor or Sustainability Double Degree</li> <li><input type="checkbox"/> Complete WRF cert.</li> </ul>					

	Fall		Winter		Spring		Summer
<b>Third Year</b>	<i>TRAL 375^: Experiential Education</i> 4 TRAL 353: Nature Eco-Adv Tourism 4 TRAL 357: Parks and Protected Areas Management 3 <b>or</b> TRAL 352: Wilderness Management (online) Elective Course 4		TRAL 270: Pre-Internship 1 TRAL 370: Design Mgmt OD Exp. 4 TRAL 493: Environ Interpretation 4 <i>FW 350: Endangered Species</i> 3 Elective Course 3		TRAL 377: Expeditions I (Water) 5 TRAL 379: Expeditions II (Land) 10		TRAL 410 (6) Internship
	Total Credits	15	Total Credits	15	Total Credits	15	
	<b>Co-Curricular and Academic Opportunities Third Year</b>	<input type="checkbox"/> Continue to work with Career Development Center, meet with Career counselor. <input type="checkbox"/> Work on internship placement and planning <input type="checkbox"/> Plan for spring term expeditions with work and other responsibilities <input type="checkbox"/> Consider leading Cascades Adventures trips					
<b>Fourth Year</b>	TRAL 374: Outdoor & Adventure Ed 3 SUS 350: Sustainable Communities 4 Elective Course 4 Elective Course 4		TRAL 476: Risk Management 3 <i>TRAL 479: Nature &amp; Human Exp</i> 3 TRAL 309: Certification Practicum 2 Or "skills course approved by program" Elective Course 4 Elective Course 3		Elective Course 3 Elective Course 3 Elective Course 3 Elective Course 3 Addt'l electives to reach 180 cr. 3		
	Total Credits	15	Total Credits	15	Total Credits	15	
	<b>Co-Curricular and Academic Opportunities Fourth Year</b>	<input type="checkbox"/> Begin post grad job search, develop resume, continue connecting with Career Development Center <input type="checkbox"/> Complete internship requirements (incomplete grade) fall term! <input type="checkbox"/> Consider leading Cascades Adventures trips <input type="checkbox"/> Plan for Commencement Ceremony and celebrations in June!					

*\*This is a sample schedule intended for informational purposes only. Students should consult with their OSU academic advisor to create a personalized degree plan.*

See the TRAL – ALE checklist for detailed degree requirements