



## Mt. Hood Community College Transfer Guide

### Tourism Recreation Adventure Leadership

*Degree requirements are subject to change and dependent on catalog year in admission to OSU and major declaration.*

Find more information about TRAL major at OSU-Cascades at: [osucascades.edu/academics/tral](https://osucascades.edu/academics/tral)

#### Degree Requirements:

- 180 total college credits
- 60 upper division credits (64 in major)
- 45 out of last 75 credits must be OSU credits.
- 124 max credits transferred from Community College

## Baccalaureate Core Requirements

Find the approved list of MHCC courses that complete Bacc Core at the following website:

[admissions.oregonstate.edu/baccalaureate-core-course-equivalencies-mount-hood-community-college](https://admissions.oregonstate.edu/baccalaureate-core-course-equivalencies-mount-hood-community-college)

An AAOT or ASOT-Business degree will complete all Skills and Perspectives courses in the Bacc Core.

| Skills  | Non- AAOT COCC course                        | AAOT or ASOT   |
|---|--|----------------|
| WR I  | <b>WR 121Z (major requirement)</b>           | AAOT completes |
| WR II   | See MHCC Bacc Core guide                     | AAOT completes |
| SPEECH  | COMM 111Z or 114 (major requirement)         | AAOT completes |
| Health / Fitness  | <b>PE 231</b>                                | AAOT completes |
| Math  | <b>MTH 105Z or 111Z</b>                      | AAOT completes |
| <b>Perspective</b><br><i>no more than 2 from 1 department allowed</i> |  |                |
| Physical Science  |  | AAOT completes |
| Biological Science  | See MHCC Bacc Core guide                     | AAOT completes |
| Phys/Bio Science  | See MHCC Bacc Core guide                     | AAOT completes |
| Cultural Diversity (CD)   | See MHCC Bacc Core guide                     | AAOT completes |
| Western Culture (WC)  | <b>TRAL 132 OSU only (major requirement)</b> | AAOT completes |
| Difference, Power, Discrimination (DPD)                               | See MHCC Bacc Core guide                     | AAOT completes |
| Social Processes + Institutions (SP)                                  | <b>EC 201 (NEAT option requirement)</b>      | AAOT completes |
| Literature and Art (LA)   | See MHCC Bacc Core guide                     | AAOT completes |
| <b>Synthesis</b>  | <b>Course</b>                                | <b>Grade</b>   |
| Contemporary Global Issues (CGI)                                      | OSU Only SUS 350                             | OSU Only       |
| Science, Tech. and Society (STS)                                      | OSU Only FW 350 or FES 485                   | OSU Only       |

## TRAL Core

| Major Requirement   | MHCC Approved Transfer Course:      |
|---|-------------------------------------|
| COMM 111Z (4) or COMM 114 (3) Speech  | COMM 111Z (4) or COMM 114 (3)       |
| ST 243Z (4) Elementary Statistics   | ST 243Z (4) Elementary Statistics   |
| FES 202 (3) Software Tools in Quantitative Social Sci.                                    | Only at OSU                         |
| FES 493 (4) Environmental Interpretation  | WL 293 Certified Interpretive Guide |
| FES 422 (4) Research Methods in Social Sci.   | Only at OSU                         |
| FW 350 (3) Endangered Species Conservation or FES 485 (3) Consensus and Natural Resources | Only at OSU                         |
| TRAL 357 (3) Parks and Protected Areas Management   | Only at OSU                         |
| TRAL 353 (3) Nature, Eco, Adventure Tourism   | Only at OSU                         |
| SUS 350 (4) Sustainable Communities   | Only at OSU                         |

## TRAL Specialty Options (OSU-Cascades)

TRAL majors must select a Specialty Option. OSU-Cascades campus has **either** Adventure Leadership Education or Nature Eco & Adventure Specialty Option for OSU-Cascades TRAL major.

OSU Corvallis has additional Specialty Options, Outdoor Recreation Management and Sustainable Tourism. Please see OSU College of Forestry for ORM and STM option details: [forestry.oregonstate.edu/undergraduate-programs/tral](https://forestry.oregonstate.edu/undergraduate-programs/tral)

**Select one option below once you declare your TRAL major at OSU.**

### Adventure Leadership Education Option (ALE):

| Major Requirement (OSU)                           | MHCC Approved Transfer Courses:  |
|---|--|
| PAC/TRAL 111 (2) Intro to Canoe                   | Only at OSU-Cascades   |
| PAC/TRAL 110 (2) Intro to WW Kayak                | PE 185KY or PE 185 KYI   |
| TRAL 115 & 118 (3) Outdoor Living Skills          | HPE290 Expedition Planning and Leadership                                    |
| TRAL 130 (3) Intro to Outdoor & Advt. Professions | WL 150 Foundations of Experiential Ed & Leadership                           |
| TRAL 132 (3) History and Foundations TRAL Prof.   | TRAL 132 completed if all WLEE program courses passed with C grade or better |
| TRAL 280 (3) Outdoor Leadership Fundamentals      | Only at OSU-Cascades   |
| TRAL 215 (4) Group Facilitation                   | WL 110 Intro to Challenge Course Facilitation                                |
| TRAL 173 (2) Intermediate Rock Climbing           | PE185RK and PE185RKI   |
| TRAL 218 (2) Rock Site Management                 | WL272 Expedition Field Experience: Rock Climbing                             |
| TRAL 260 (2) Intermediate Paddle sport            | Only at OSU-Cascades   |
| TRAL 270 (1) Pre-Internship Seminar               | Only at OSU-Cascades   |
| TRAL 370 (4) Design and Mgmt. of Outdoor Exp.     | Only at OSU-Cascades   |
| TRAL 374 (3) Outdoor and Adventure Education      | Only at OSU-Cascades   |
| TRAL 375 (4) Experiential Education WIC           | Only at OSU-Cascades   |
| TRAL 377 & 379 (15) Expeditions                   | Only at OSU-Cascades   |
| TRAL 399 (2) Certification Course                 | Only at OSU-Cascades   |
| TRAL 476 (3) Risk Management in TRAL              | HPE275 Programming and Risk Management in Outdoor Education                  |
| TRAL 479 (3) Nature and the Human Experience      | Only at OSU-Cascades   |
| TRAL 410 (6) Internship                           | Only at OSU-Cascades   |

Nature Eco and Adventure Tourism (NEAT) Option:

| Major Requirement (OSU)   | MHCC Approved Transfer Courses:  |
|---|--|
| BA 315 (4) Accounting Fundamentals  | BA 217 (4) Accounting Fundamentals   |
| BA 260 (4) Entrepreneurship   | BA 250 (4) Entrepreneurship  |
| ECON 201 (4) Microeconomics   | EC 201 (4) Microeconomics  |
| BA 352 (4) Managing Indv. Team Performance  | Only at OSU  |
| BA 390 (4) Marketing  | Only at OSU  |
| PAC/TRAL 110 (2) Intro to WW Kayak  | PE 185KY or PE 185 KYI   |
| PAC/TRAL 111 (2) Intro to Canoe   | Only at OSU-Cascades   |
| TRAL 130 (3) Intro to Outdoor & Advt. Professions                                     | WL 150 Foundations of Experiential Ed & Leadership                           |
| TRAL 132 (3) History and Foundations TRAL Prof.                                       | TRAL 132 completed if all WLEE program courses passed with C grade or better |
| TRAL 115 & 118 (3) Outdoor Living Skills  | HPE290 Expedition Planning and Leadership                                    |
| TRAL 280 (3) Outdoor Leadership Fundamentals  | Only at OSU-Cascades   |
| TRAL 215 (4) Group Facilitation   | WL 110 Intro to Challenge Course Facilitation                                |
| TRAL 173 (2) Intermediate Rock  | PE185RK and PE185RKI   |
| TRAL 218 (2) Rock Site Management <b>or</b><br>TRAL 260 (2) Intermediate Paddle sport | WL272 Expedition Field Experience: Rock Climbing<br>Only at OSU-Cascades     |
| TRAL 270 (1) Pre-Internship Seminar   | Only at OSU-Cascades   |
| TRAL 370 (4) Design and Mgmt. of Outdoor Exp.   | Only at OSU-Cascades   |
| TRAL 375 (4) ^Experiential Education <b>WIC</b>                                       | Only at OSU-Cascades   |
| TRAL 399 (2) Certification Course   | Only at OSU-Cascades   |
| TRAL 476 (3) Risk Management in TRAL  | HPE275 Programming and Risk Management in Outdoor Education                  |
| TRAL 479 (3) Nature and the Human Experience  | Only at OSU-Cascades   |
| TRAL 410 (6) Internship   | Only at OSU-Cascades   |