

B.S. in Tourism, Recreation & Adventure Leadership

OSU-Cascades

SAMPLE Academic Plan

Adventure Leadership Education Option | 2021-2022

	Fall		Winter		Spring		Summer
First Year	Math 105: Intro. Contemp. Math or Math 111: College Algebra TRAL 173: Intermediate Rock PAC 199 Rock Climbing, if needed for TRAL 173 co-req. WR 121: English Composition TRAL 130: Intro Outdoor Advent.	3-4 2 1 4 3	COMM 111: Public Speaking WR 222: English Comp TRAL 132: OD Foundations & Hist. Bacc Core: Social Processes Bacc Core: Physical Sci.	3 3 3 3 4	Bacc Core: HHS 231 TRAL 115: OD Living Skills TRAL 118: OD Lab Living Skills TRAL 110: Intro WW Kayak TRAL 111: Intro Canoeing Bacc Core: Lit and Arts Free Elective	2 2 1 2 2 3 3	
	Total Credits	13-14	Total Credits	16	Total Credits	15	
Co-Curricular and Academic Opportunities First Year		<ul style="list-style-type: none"> <input type="checkbox"/> Join student club or student leadership position. <input type="checkbox"/> Participate in FY campus read and FY experiences <input type="checkbox"/> Check out resources for student wellness, time management and study skills <input type="checkbox"/> Participate in Cascades Adventures trip(s) <input type="checkbox"/> Need PAC 199 Rock Climbing before TRAL 173 or valid belay card, PAC 112 ideal elective as well 					
Second Year	TRAL 215: Group Facilitation TRAL 218: Rock Site Mgmt. Bacc Core: Bio Science Bacc Core: Diff, Pwr, Discrimin	4 2 4 3-4	TRAL 352: Wilderness Mgmt. ST 201: Principles of Statistics Bacc Core: Cultural Diversity Free Elective Free Elective (or PAC 112 suggested)	3 4 3 4 1	TRAL 260: Inter. Paddle Sport TRAL 280: Outdoor Leadership FES 202: Social Sci. Research FES 422: Research Methods Free Elective	2 3 3 4 3	
	Total Credits	13-14	Total Credits	15	Total Credits	15	
Co-Curricular and Academic Opportunities Second Year		<ul style="list-style-type: none"> <input type="checkbox"/> Check out Career Development Center resources <input type="checkbox"/> Complete work experience, or volunteer/service, check out internship guide <input type="checkbox"/> Attend campus events (at least 1 per term) <input type="checkbox"/> Research study abroad opportunities and integrate into academic plan <input type="checkbox"/> Think about adding a minor or Sustainability Double Degree <input type="checkbox"/> Complete WRF cert. 					
	Fall		Winter		Spring		Summer

Third Year	TRAL 309: Certification Practicum TRAL 375: Experiential Education TRAL 353: Nature Eco-Adv Tourism Bacc Core: Additional Sci.	2 4 4 4	TRAL 270: Pre-Internship TRAL 370: Design Mgmt OD Exp. TRAL 493: Resource Interp. FW 350: Endangered Species Free Elective	1 4 4 3 3	TRAL 377: Expeditions I (Water) TRAL 379: Expeditions II (Land)	5 10	TRAL 410 (6) Internship
	Total Credits	14	Total Credits	15	Total Credits	15	
	Co-Curricular and Academic Opportunities Third Year	<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					
Fourth Year	TRAL 374: Outdoor & Adv. Ed. SUS 350: Sustainable Communit. Free Elective Free Elective	3 4 4 3	TRAL 479: Nature & Human Exp. TRAL 476: Risk Management in TRAL Free Elective Free Elective	3 3 3 4	Free Elective Free Elective Free Elective Free Elective Addt'l electives to reach 180 cr.	3 3 3 3 1-2	
	Total Credits	14	Total Credits	13	Total Credits	13 -15	
	Co-Curricular and Academic Opportunities Fourth Year	<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*