



## ADVISING WORKSHEET

BACHELOR OF SCIENCE  
 MAJOR IN OUTDOOR ADVENTURE LEADERSHIP  
 General Bulletin 2013-2015

TRANSFER INSTITUTION(S):

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Name \_\_\_\_\_

Student ID # \_\_\_\_\_

**GENERAL EDUCATION REQUIREMENTS – SEE ATTACHED PAGE FOR SPECIFIC COURSES**

General Education Category	Course #	Credits	Grade	Semester	Equivalent
<b>Category I: Global Academic Skills</b> (9 credits) A. Mathematics (3 credits) B. English (3 credits) C. Communication & Information Literacy (3 credits)					
	WRIT 101				
<b>Category II: Natural Sciences</b> (7 credits) 2 lectures (6 credits) & 1 lab (1 credit) (1 life science & 1 physical science & 1 lab)					
<b>Category III: Social Sciences and History</b> (6 credits) A. Social Science (3 credits) B. History (3 credits)					
<b>Category IV: Cultural Diversity</b> (3 credits)					
<b>Category V: Arts &amp; Humanities</b> (6 credits) A. Fine Arts (3 credits) B. Humanities (3 credits)					

A minimum grade of "C-" required in all General Education courses.

*Note: Certain degrees may require a minimum grade of "C" in General Education courses.*

Reviewed:

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## GENERAL EDUCATION REQUIREMENTS

### CATEGORY I: GLOBAL ACADEMIC SKILLS 9 credits

*Students are required to take one course from each subcategory*

#### Subcategory A - Mathematics 3 credits

M	105	Contemporary Mathematics	3
M	114	Extended Technical Mathematics	3
M	121	College Algebra	3
M	122	College Trigonometry	3
M	131	Mathematics for Elementary Teachers II	3
M	143	Finite Mathematics	4
M	171	Calculus I	4
STAT	141	Introduction to Statistical Concepts	3
STAT	216	Introduction to Statistics	4

#### Subcategory B - English 3 credits

WRIT	101	College Writing I	3
WRIT	121	Introduction to Technical Writing	3
WRIT	122	Introduction to Business Writing	3
WRIT	201	College Writing II	3
WRIT	220	Business & Professional Writing	3
WRIT	221	Intermediate Technical Writing	3

#### Subcategory C- Communication & Information Literacy 3 credits

COMX	111	Introduction to Public Speaking	3
COMX	115	Introduction to Interpersonal Communication	3
LS	125	Research in the Information Age	3
BMIS	150	Computer Literacy	3

### CATEGORY II: NATURAL SCIENCES 6 cr. lecture & 1 cr. lab

*Students are required to take one course from each subcategory and at least one corresponding lab or SCIN 101, 102, 103 & 104*

#### Subcategory A – Life Sciences 3-4 credits

BIOB	101	Discover Biology	3
BIOB	102	Discover Biology Lab	1
BIOB	160	Principles of Living Systems	3
BIOB	161	Principles of Living Systems Lab	1

#### Subcategory B – Physical Sciences 3-4 credits

ASTR	110	Introduction to Astronomy	3
ASTR	111	Introduction to Astronomy Lab	1
CHMY	121	Introduction to General Chemistry	3
CHMY	122	Introduction to General Chemistry Lab	1
CHMY	141	College Chemistry I	3
CHMY	142	College Chemistry Laboratory I	1
GEO	101	Introduction to Physical Geology	3
GEO	102	Introduction to Physical Geology Laboratory	1
GPHY	112	Introduction to Physical Geography Lab	1
GPHY	111	Introduction to Physical Geography	3
PHSX	103	Our Physical World	3
PHSX	104	Our Physical World Lab	1
PHSX	205	College Physics I	3
PHSX	206	College Physics I Lab	1
PHSX	105	Fundamentals of Phys Sci	3
PHSX	106	Fundamentals of Phys Sci Lab	1

#### Subcategories A and B – Integrated Sciences 7 credits

SCIN	101, 102, 103 & 104	Integrated Sciences	3, ½, 3, ½
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### CATEGORY III: SOCIAL SCIENCES AND HISTORY 6 credits

*Students are required to take one course from each subcategory*

#### Subcategory A – Social Sciences 3 credits

ANTY	217	Physical Anthropology & Archeology	3
BGEN	105	Introduction to Business	3
COMX	106	Communicating in a Dynamic Workplace	3
ECNS	201	Principles of Microeconomics	3
ECNS	202	Principles of Macroeconomics	3
EDU	105	Education and Democracy	3
GPHY	141	Geography of World Regions	3
HTH	110	Personal Health and Wellness	3
PSCI	220	Introduction to Comparative Government	3
PSCI	210	Introduction to American Government	3
PSYX	100	Introduction to Psychology	3
PSYX	231	Human Relations	3
SOCI	101	Introduction to Sociology	3
SOCI	201	Social Problems	3

### Subcategory B - History 3 credits

HSTA	101	American History I	3
HSTA	102	American History II	3
HSTR	101	Western Civilization I	3
HSTR	102	Western Civilization II	3
HSTR	103	Honors Western Civilization I	3
HSTR	104	Honors Western Civilization II	3
PSCI	230	Introduction to International Relations	3

### CATEGORY IV: CULTURAL DIVERSITY 3 credits

ANTY	220	Culture and Society	3
ARTH	160	Global Visual Culture	3
COMX	212	Introduction to Intercultural Communication	3
GPHY	121	Human Geography	3
HTH	270	Global Health Issues	3
LIT	230	World Literature Survey	3
MUSI	207	World Music	3
NASX	105	Introduction to Native American Studies	3
NASX	205	Native Americans in Contemporary Society	3
PHL	271	Philosophy & Religion of India	3
PHL	272	Philosophy & Religion of China/Tibet/Japan	3
REHA	201	Introduction to Diversity	3
RLST	170	The Religious Quest	3
A&SC/ SOCI/WS	274	Women, Culture, and Society	3
SPNS	150	The Hispanic Tradition	3

### CATEGORY V: ARTS & HUMANITIES 6 credits

*Students are required to take one course from each subcategory*

#### Subcategory A – Fine Arts 3 credits

ARTZ	101	Art Fundamentals	3
ARTZ	131	Ceramics for Non-majors	3
ARTZ	105	Visual Language-Drawing	3
FILM	160	Introduction to World Cinema	3
MART	260	Computer Presentation and Animation	3
ENGL	204	Fundamentals of Creative Writing	3
LIT	270	Film & Literature	3
MUSI	101	Enjoyment of Music	3
MUSI	114	Band: MSUB Symphonic	1
MUSI	131	Jazz Ensemble I: MSUB	1
MUSI	147	Choral Ensemble: University Chorus	1
THTR	101	Introduction to Theatre	3
THTR	120	Introduction to Acting I	3

#### Subcategory B - Humanities 3 credits

ARTH	150	Introduction to Art History	3
HONR	111	Perspectives and Understanding	3
LIT	110	Introduction to Literature	3
LIT	240	The Bible as Literature	3
PHL	110	Introduction to Ethics	3
PHL	111	Philosophies of Life	3

**Total 31**

		Course	Credits	Grade	Semester	Equivalent
<b>Degree Core</b>						
ACT	494	Wilderness First Responder	4			
REC	110	Environment/Leave No Trace	1			
REC	181	Basic Navigation/Orienteering	1			
REC	200	Foundations of Outdoor Adventure Leadership	2			
REC	214	Outdoor Recreations in the United States	3			
REC	280	Challenge Course Fundamentals	3			
REC	306	Outdoor Living Skills	3			
REC	310	Adventure Leadership	3			
REC	381	Leadership and Group Dynamics	3			
REC	411	Adventure Guiding and Instructing	3			
REC	466	Ethical/Legal Aspects in Outdoor Adventure Leadership	2			
REC	470	Adventure Program Planning and Development	3			
REC	498	Internship	1-6			

### Departmental Required Courses

BIOE	202	Introduction to Environmental Ecology	3			
HEE	310	Methods of Adapted Health Enhancement	2			
HHP	212	First Responder Emergency Care	3			
KIN	105	Foundations of Exercise Science	3			
KIN	106	Foundations of Exercise Science Lab	1			

KIN	330	Motor Learning and Control	3			
KIN	331	Motor Learning and Control Lab	1			

### OR

KIN	320	Exercise Physiology	3			
KIN	321	Exercise Physiology Lab	1			

### Restricted Electives: Choose 6 credits with advisor approval


*A grade of C- or higher is mandatory in all health and human performance courses satisfying the major requirements*

### Skills Areas: Choose a total of 21 credits in Skills Areas. Minimum credit requirements are outlined below.

#### Level I – 6 credits minimum

ACT	274	Scuba Diving	2			
REC	119	Nordic Skiing I	1			
REC	122	Alpine Skiing I	1			
REC	125	Snowboarding I	1			
REC	126	Snowshoeing I	1			
REC	130	Fly Fishing	1			
REC	150	Low Element Challenges	2			
REC	155	Rappelling/Belaying	2			
REC	160	Shooting Sports I	1			
REC	255	Rock Craft I	1			
REC	275	Kayaking I	1			

REC	277	Rafting I	1			
REC	287	Archery I	1			

**Level II – 12 credits minimum**

REC	182	Advanced Navigation	2			
REC	185	Winter Survival Skills	2			
REC	187	Basic Survival in the Outdoors	2			
REC	220	Alpine Skiing II	2			
REC	230	Fly Fishing II	2			
REC	233	Skiing/Snowboarding Instructor Development	2			
REC	257	Rock Craft II	2			
REC	260	Shooting Sports II	2			
REC	276	Kayaking II	2			
REC	278	Rafting II	2			
REC	288	Archery II	2			
REC	480	Challenge Course Skills and Facilitation	3			

**Rescue Skills – 3 credits minimum**

REC	189	Avalanche Awareness and Safety	1			
REC	258	Ropes Rescue	3			
REC	281	Search and Rescue	3			
REC	358	Swift Water Rescue	3			

**Electives**


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**BACHELOR OF SCIENCE IN OUTDOOR ADVENTURE LEADERSHIP**

<b>Categories</b>	<b>Credits</b>	<b>Earned</b>	<b>Remaining</b>
General Education Requirements	31	_____	_____
Degree Core	37	_____	_____
Departmental Required Courses	16	_____	_____
Restricted Electives	6	_____	_____
Skills Areas	21	_____	_____
Minor/Electives	9-V	_____	_____
Total minimum credits required for degree	120	_____	_____

**It is the student's responsibility to know and meet the requirements for graduation. A minimum of 36 credits must be upper division classes (300 and above).**

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Notes: