



ADVISING WORKSHEET
BACHELOR OF SCIENCE
MAJOR IN OUTDOOR ADVENTURE LEADERSHIP
General Bulletin 2025-2026

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
Category I: Global Academic Skills (10 credits)					
A. Mathematics (3 credits)					
B. English (3 credits)					
C. Communication & Information Literacy (3 credits)					
D. Skills for College Success ¹ (1 credit)	COLS 108				
Category II: Natural Sciences ² (6 credits)					
A. Life Sciences (3 credits) BIOB 160 – Recommended					
B. Physical Sciences (3 credits)					
Category III: Social Sciences and History (6 credits)					
A. Social Science (3 credits) PSYX 100 – Recommended					
B. History (3 credits)					
Category IV: Cultural Diversity (3 credits)					
Category V: Arts & Humanities (6 credits)					
A. Fine Arts (3 credits)					
B. Humanities (3 credits)					

¹ In addition to the MUS Transfer Policies (see MUS Core Curriculum (<https://catalog.msubillings.edu/undergraduate/admissions-registration/registrar-office/>), transfer and re-admit students who transfer in 30 or more credits are not required to meet this category.

² Some majors are required to take specific science labs as part of their requirements. Please speak with an advisor for more information.

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:

GENERAL EDUCATION REQUIREMENTS

CATEGORY I: GLOBAL ACADEMIC SKILLS 10 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	130	Mathematics for Elementary Teachers I	3
M	140	College Math for Healthcare	3
M	143	Finite Mathematics	4
M	161	Survey of Calculus	3
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

Subcategory C - Communication & Information Literacy 3 credits

BMIS	150	Cyber Security and Electronic Communication	3
COMX	111	Introduction to Public Speaking	3
COMX	115	Introduction to Interpersonal Communication	3
COMX	210	Communication in Small Groups	3
HONR	205	Honors Inquiry and Research	3
LSCI	125	Research in the Information Age	3

Subcategory D - Skills for College Success ¹ 1 credit

COLS	108	The College Experience	
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CATEGORY II: NATURAL SCIENCES 6 credits

Students are required to take one course from Life Sciences and one course from Physical Sciences, which include lab exercises. ²

Subcategory A - Life Sciences 3 credits

BIOB	101	Discover Biology ³	3
BIOB	102	Discover Biology Lab	1
BIOB	120	Fundamentals of Biology Plants and People ³	3
BIOB	121	Fundamentals of Biology for Allied Health	3
BIOB	123	Fund of Biology: The Nature of Nutrition	3
BIOB	160	Principles of Living Systems	3
BIOB	161	Principles of Living Systems Lab ³	1
SCIN	101	Integrated Sciences I ^{3^}	4

Subcategory B - Physical Sciences 3 credits

ASTR	110	Introduction to Astronomy	3
ASTR	111	Introduction to Astronomy Lab ³	1
CHMY	121	Introduction to General Chemistry	3
CHMY	122	Introduction to General Chemistry Lab ³	1
CHMY	141	College Chemistry I	3
CHMY	142	College Chemistry Laboratory I ³	1
GEO	101	Introduction to Physical Geology	3
GEO	102	Introduction to Physical Geology Laboratory ³	1
GEO	112	Montana Geology	3
GPYH	262	Spatial Sciences Technology & Applications	3
GPYH	263	Spatial Sciences & Technology Lab ³	1
PHSX	103	Our Physical World ³	3
PHSX	104	Our Physical World Lab ³	1
PHSX	205	College Physics I	3
PHSX	206	College Physics I Lab ³	1
SCIN	103	Integrated Sciences II ^{3^}	4

CATEGORY III: SOCIAL SCIENCES AND HISTORY 6 credits

Students are required to take one course from each subcategory

Subcategory A - Social Sciences 3 credits

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
GPYH	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
<i>PSYX</i>	<i>100</i>	<i>Introduction to Psychology</i>	<i>3</i>
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	159	World History from 1500 CE	3
HSTR	160	Modern World History	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
GPYH	121	Human Geography	3
HTH	270	Global Health Issues	3
LIT	230	World Literature	3
MUSI	207	World Music	3
NASX	105	Introduction to Native American Studies	3
NASX	205	Native Americans in Contemporary Society	3
REHA	201	Introduction to Diversity	3
RLST	170	The Religious Quest	3
SPNS	150	The Hispanic Tradition	3
WGSS	274	Women, Culture, and Society	3

CATEGORY V: ARTS & HUMANITIES 6 credits

Students are required to take one course from each subcategory

Subcategory A - Fine Arts 3 credits

ARTZ	105	Visual Language-Drawing	3
ARTZ	106	Visual Language-2-D Foundations	3
ARTZ	108	Visual Language-3-D Foundations	3
ARTZ	131	Ceramics for Non-majors	3
CRWR	240	Intro Creative Writing Workshop	3
FILM	160	Introduction to World Cinema	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
PHOT	154	Exploring Digital Photography	3
THTR	101	Introduction to Theatre	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	213	Montana Literature	3
PHL	110	Introduction to Ethics	3
PHL	111	Philosophies of Life	3
PHL	254	People and Politics	3

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² Some majors are required to take specific science labs as part of their requirements. Please speak with an advisor for more information.

³ Course includes lab exercises.

[^] Elementary Education majors can satisfy Natural Sciences by taking SCIN 101 and SCIN 103.

Course	Credits	Grade	Semester	Equivalent
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Degree Core (35 credits)

REC	200	Foundations of Outdoor Adventure Leadership	3			
REC	201	Foundations of Outdoor Adventure Leadership Lab	1			
REC	280	Challenge Course Facilitation	3			
REC	281	Challenge Course Facilitation Lab	1			
REC	300	Adventure Program Design and Delivery	3			
REC	306	Applied Wilderness Leadership	3			
REC	308	Applied Wilderness Leadership: Winter	3			
REC	309	People and the Environment	3			
REC	310	Leadership in Adventure Programs	3			
REC	411	Adventure Guiding and Instructing	3			
REC	430	Risk Management in Outdoor Adventure Leadership	3			
REC	470	OAL Operations and Asset Management	3			
REC	499	Outdoor Adventure Leadership Capstone	3			

Interdisciplinary Core (21 credits)

Interdisciplinary Core (21 credits)						
^ECP	312	Wilderness Medicine	4			
HEE	310	Methods of Adapted Health Enhancement	2			
PSYX	230	Develop Psychology: Development over the Lifespan	3			
HTH	110	Personal Health & Wellness	3			
BIOE	202	Introduction to Environmental Ecology	3			
ACT	498	Internship/Cooperative Education	6			

^Or evidence of current Wilderness First Responder Certification.

Major Specific Electives (Choose at least 9 credits)

Major Specific Experiences (Choose at least 5 Experiences)						
REC	230	Instructional Strategies: Backcountry Anglers	2			
REC	233	Instructional Strategies: Ski/Snowboard	2			
REC	257	Instructional Strategies: Rock Climbing	2			
REC	276	Instructional Strategies: Water Programming	2			
REC	381	Expedition Leadership	4			
REC	401	Outdoor Behavioral Healthcare	3			

Specialization or Approved Cognate (24 credits) The Specialization allows Outdoor Adventure Leadership students to pursue further study in a discipline or area that interests them. Choose from one of the advisor-recommended minors available at MSUB, or create a **Cognate** of courses from an approved list. Cognate must be approved by faculty advisor. A minimum of 24 credit hours are required for either option.

[illegible]

BACHELOR OF SCIENCE IN OUTDOOR ADVENTURE LEADERSHIP

Categories	Credits	Earned	Remaining
General Education Requirements	31	_____	_____
Degree Core	35	_____	_____
Interdisciplinary Core	21	_____	_____
OAL Electives	9	_____	_____
Specialization or Approved Cognate	24	_____	_____
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).**

Notes:

Admission Requirements for Outdoor Adventure Leadership

All students desiring admission to the Outdoor Adventure Leadership program are required to file an application for admission. Applications for admission to the Outdoor Adventure Leadership program can be obtained online at www.msubillings.edu/cahp/hhp or from the Department of Health and Human Performance Office in the Physical Education Building, Room 120. The application should be submitted to the faculty advisor for review and approval, signed by the advisor and the Department Chairperson. Each applicant must:

1. Complete 15 credit hours of required general education courses with a minimum GPA of 2.75 (see application for list of courses).
2. Have completed 18 or more credit hours from the list of prerequisite courses (see application for list of courses), including at least 4 credit hours of Skills courses with minimum GPA of 2.75 (no more than 4 credit hours of skills courses count toward the 18 credit hours).
3. Be aware that courses taken on a pass/no pass or credit/noncredit basis will not be used to calculate the GPA requirement. Students should consult with their academic advisor.
4. Attach a current working copy of the transcript to the application form.
5. Submit a letter to the student's Outdoor Adventure Leadership academic advisor explaining how the degree fits with his or her long term personal and professional goals, why he or she should be accepted into the program, and how he or she intends to enrich the program.
6. Be aware that applications are handled on a rolling admissions basis. Students will be notified of the status of their application within 15 working days of submitting the complete application. Enrollment in some major courses is limited to students admitted to the program.
7. Be aware that no student will be allowed to register for restricted upper division courses in Outdoor Adventure Leadership without admission to the Outdoor Adventure Leadership program.