

Outdoor Recreation Therapy
Associate of Science | 60 credits

Campus: Vermilion

First Year

FALL SEMESTER 2026 – 15 credits	Prerequisites	Credits	Hr Lc/Lb
COMM 1215 – Public Speaking (MnTC Goal 1) <u>OR</u> COMM 1220 – Interpersonal Communication (MnTC Goal 1)		3	
HIST 1221 – World History: Prehistory to 1500 (MnTC Goals 5 & 8)	(CLR, CLW)	3	
OUTL 1251 – Outdoor Pursuits 1	(CLR, CLW)	3	(1.5/3)
PREC 1241 – Introduction to Recreation, Parks, and Tourism	(CLR, CLW)	3	
SOC 1200 – Introduction to Sociology (MnTC Goals 5 & 7)	(CLR)	3	
SPRING SEMESTER 2027 – 15 credits	Prerequisites	Credits	Hr Lc/Lb
ENGL 1231 – College Composition 1 (MnTC Goal 1)	(CLW)	4	
MATH 1215 – Statistics (MnTC Goal 4)	(MATH 0200)	4	
OUTL 1245 – Leave No Trace Trainer Certification	(CLR, CLW)	1	(0.2/1.6)
PREC 2256 – Recreation Programming	(OUTL 1251; PREC 1241 or WILD 1265)	3	
PSYC 1215 – General Psychology (MnTC Goals 5 & 7)	(CLR, CLW)	3	

Second Year

FALL SEMESTER 2027 – 14 credits	Prerequisites	Credits	Hr Lc/Lb
BIOL 2371 – Human Anatomy and Physiology 1 (MnTC Goal 3)	(CLR)	4	(3/2)
HUM 1215 – Human Creativity and Culture (MnTC Goals 6 & 8)	(CLR, CLW)	4	
OUTL 1255 – Introduction to Outdoor Recreation Therapy	(OUTL 1251; PREC 1241)	3	
OUTL 2210 – Theory and Practice of Teaching Paddlesports	(OUTL 1230; OUTL 1251 or instructor approval)	3	(1/4)
SPRING SEMESTER 2028 – 15 credits	Prerequisites	Credits	Hr Lc/Lb
ENGL 1232 – College Composition 2 (MnTC Goal 1)	(ENGL 1231)	3	
NSCI 1220 – Environmental Science (MnTC Goals 3 & 10)	(CLR)	3	
OUTL 2255 – Adaptive Techniques for Outdoor Pursuits	(OUTL 1255)	3	(2/2)
PHIL 1230 – Ethics (MnTC Goals 6 & 9)	(CLR, CLW)	3	
SOC 1210 – Social Problems (MnTC Goals 5 & 8)		3	

Additional Requirements (to be taken any semester offered)

OUTDOOR SKILLS – 1 credit (choose one course)	Prerequisites	Credits	Hr Lc/Lb
PHED(OUTL) 1128 – Canoeing (fall) PHED(OUTL) 1146 – Rock Climbing (fall)	PHED(OUTL) 1134 – Dogsledding (spring) PHED(OUTL) 1152 – Winter Camping (spring) PHED(OUTL) 1122 – Backpacking (spring)	1	(var.)

Additional Recommended Courses:

Any additional outdoor activity/skills/expedition courses (PHED or OUTL), emergency responder or rescue courses (EMSV 1400, EMSV 1275, EMSV 1761, and/or EMSV 1762), OUTL 1245 Leave No Trace Trainer Certification, OUTL 1252 Outdoor Pursuits II, and/or OUTL 2250 Outdoor Leadership Capstone.

Program Description

In today's world there are an increasing number of people who enjoy outdoor pursuits. People with disabilities are among the population of more active and engaged outdoor recreationists. The Outdoor Recreation Therapy A.S. degree at Vermilion provides students with a rewarding education and skill-set to serve the disabled community in an outdoor recreation context. Students will learn to work with and understand adaptive techniques for people experiencing various disabilities. Students will learn to apply adaptive technology, equipment, and techniques that are required to provide outdoor recreational activities to people experiencing physical, cognitive, emotional, and psychological disabilities. Recreation participant needs, limitations, assessment, and possibilities are examined in order to lead and facilitate outdoor activities such as paddlesports, backcountry travel, skiing, rock climbing and other outdoor pursuits. The program courses also examine various adaptive outdoor programs, legislation, and current practices, as well as hands on experience with adaptive recreation service providers.

Occupational Titles

Successful students in this program gain fundamental skills in the planning, delivery, and assessment of outdoor leadership programming for people with disabilities in a therapeutic setting. These skills will aid them in gaining employment in the fields of adaptive adventure education, experiential education, guiding/instructing people with disabilities in outdoor pursuits, wilderness and backcountry travel, inclusive adventure tourism, and therapeutic recreation programming. This degree may also serve to augment transfer students planning to pursue teaching licensure as it is becoming more common for schools to employ adventure education programming in their curriculum.

Program Learning Outcomes

Graduates of this program will:

Interpersonal and Intrapersonal Skills

1. Assess their strengths and challenges, how they make decisions, and how they cope with adversity in the field.
2. Understand how to work with and reach out to various types of learners and populations which they may encounter in professional settings.

Outdoor Leadership and Education Program Delivery

3. Define and implement concepts of outdoor education and the experiential learning model.
4. Develop and deliver lesson plans for a variety of outdoor technical skills.
5. Assess risk and develop risk management plans for the wilderness setting including various methods of human powered travel, seasons, and course areas.

Outdoor Technical Skills

6. Develop proficiency in a variety of human powered outdoor activities (canoeing, kayaking, snowshoeing, hiking, rock climbing, skiing, dogsledding, etc.).
7. Demonstrate proficiency in navigation (maps, compass, GPS).
8. Manage and maintain their own and student health and hygiene in the field by staying warm and dry, cooking, personal hygiene, and energy control.

Transfer and Articulation Agreements

An articulation agreement for this degree program at Minnesota North College is in the works with Winona State University's Bachelor of Science in Recreation, Tourism, and Therapeutic Recreation (Track B: Therapeutic Recreation).

Students completing this degree program plus one additional 3-credit Goal Area 6 course, one Physical Activity/Competitive Sports course, and one Wellness/Health course (2 credits minimum) will also have completed the Liberal Arts and Sciences A.A. degree program.

Program Faculty Contact

Alyssa Richards (alyssa.richards@minnesotanorth.edu or 218-235-2132)