BELLEVUE COLLEGE

Wilderness Skills

Certificate of Completion

STUDENT NAME		SID #	
PROGRAM CHAIR		DATE	

PROGRAM REQUIREMENTS			Requested Substitution/Transfer Credits (if applicable)					
Course	Course Title	CR	College/University	Course	CR	Grade	Quarter	Year
CORE COURSEWORK								
HLTH 250	Wellness	5						
HLTH 260	Wilderness First Aid Basics	4						
PE 114	Beginning Rock Climbing	1						
PE 115	Backpacking & Orienteering	1						
PE 116	Snowshoeing	1						
PE 128	Sea Kayaking & Navigation	1						
PE 239	Outdoor Leadership	4						
RECED 260	Northwest Fitness Exploration	2						
TOTAL		**19**						

The Wilderness Skills certificate program prepares students for a wide range of professional opportunities in recreation and education. Students learn to plan and safely lead adventure activities such as sea kayaking, rock climbing, fly fishing, mountain bike touring, backpacking and snowshoeing.

LEARNING OUTCOMES

Certificate recipients should possess the skills & abilities described below:

- Identify appropriate outdoor adventure opportunities in the Northwest for a wide variety of individuals as part of a life-long wellness plan
- Demonstrate an understanding of basic competency skills in select adventure sports
- Assess risk management and safety procedures that need to be followed in outdoor adventure activities
- Assume a leadership role in group adventure outings and promote positive group dynamics
- Plan and coordinate logistics of adventure trips
- Understand the functions and utilization of adventure trip equipment
- Apply basic backcountry first aid techniques

FOR MOST UP-TO-DATE INFORMATION, GO TO:

www.bellevuecollege.edu/programs/degrees/proftech/pe/#wilderness

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