

<b>STUDENT NAME</b>		<b>SID #</b>	
<b>PROGRAM CHAIR</b>		<b>DATE</b>	

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

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/pel#wilderness](http://www.bellevuecollege.edu/programs/degrees/proftech/pel#wilderness)*

**NOTES**

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