Therapeutic and Universal Design Major
Northland College
Outdoor Education Home
Outdoor Education Pre-2009
Natural History
Adventure Education
Native American Studies/Outdoor Education
Outdoor Education Core

Therapeutic and Universal Design Major

(2004-2006 Catalog)

Cindy Dillenschneider, Primary Advisor

View a Detailed Description of this Program

The outdoor education-therapeutic and universal design major prepares students to use the outdoors as a medium for therapeutic change and to design accessible adventure opportunities for individuals with diverse abilities and with groups who have specific personal growth objectives or needs. Professional settings include community- and wilderness-based intervention and rehabilitation programs, mental health facilities, correction departments for youth and adult offenders, corporate development programs, and outdoor education programs serving people with diverse abilities.

Students majoring in Outdoor Education with an emphasis in therapeutic and universal design should take the Outdoor Education Core plus the following requirements and options:

All of the following: Credits
OED322 Theory of Teaching Physical Skills 3
OED439 Therapeutic Principles and Practices† 3
OED492 Internship 3
PED045 Beginning Alpine Skiing/Snowboarding* 1
PED301 Musculoskeletal Anatomy 4
PED303 Analysis of Human Performance 4
PY110 General Psychology* 4
PY315 Introduction to Counseling 3

Note: A substitution for PED045 is allowed for students who are already proficient skiers. Contact the Outdoor Education Program Coordinator to be granted a substitution.

Winter Outdoor Educator Professional Development Block

These courses must be taken concurrently:

OED378 Adventure Leadership and Programming 4
OED379 Therapeutic Program Design 4
OED381 Outdoor Education Teaching Techniques (Credits for OED381 are counted in the Outdoor Education Core) 4
OED382 Outdoor Education Practicum 4

One of the following:
OED270 Challenge Course Facilitation and Management 3
OED346 Wilderness Instructor Training 4

Winter Block student teaches adaptive skiing techniques to a participant at Breckenridge Outdoor Education Center in Colorado.
Choose 1 credit from:
OED035-039* or 076*

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Credits</th>
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<tbody>
<tr>
<td>Total Concentration Requirements</td>
<td>41-46</td>
</tr>
<tr>
<td>Total Core Requirements</td>
<td>27</td>
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<tr>
<td>Total Liberal Education, Minor, and/or Elective Requirements</td>
<td>51-56</td>
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<tr>
<td>Total Requirements Needed to Graduate</td>
<td>124</td>
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*Meets Liberal Education Requirement.
†Capstone experience for majors.
‡Wilderness First Responder is approved through SOLO, the Wilderness Medicine Association, or the Wilderness Medicine Institute of the National Outdoor Leadership School. Students will be awarded 4 credits when current certification card is presented to registrar’s office.

Northland students in an Access and Diversity class and participants from Camp Confidence in Brainerd, Minnesota gather for a group picture.