



# Outdoor Leadership

## Department of Environmental Studies and Planning Sonoma State University

1801 E. Cotati Avenue – RCH 26  
Rohnert Park, CA 94928  
707/664-2306 • [ensp@sonoma.edu](mailto:ensp@sonoma.edu)

---

**Program Advisor: Rocky Rohwedder, Ph.D.** • 707/664-2249 • [rocky.rohwedder@sonoma.edu](mailto:rocky.rohwedder@sonoma.edu) • [www.sonoma.edu/ensp/rocky](http://www.sonoma.edu/ensp/rocky)

---

### THE MARKET

Outdoor leaders are in demand from growing outdoor recreation, adventure tourism and multisport industries. In addition, outdoor leadership skills are directly applicable to the workplace in a wide range of leadership, management and coordination positions. There is also a steady demand for outdoor leaders in non-formal educational settings, such as outdoor education schools, the outdoor products industry, business and management training programs, resorts and spas, adventure therapy projects, university recreation programs, and other non-formal educational and recreational enterprises. Outdoor leadership employment opportunities often are located in some of the world's most fascinating and beautiful places, both in the U.S. and overseas.

### OUR PROGRAM

Responding to this emerging market, the Outdoor Leadership degree track described here combines relevant coursework in environmental science, education and communication, kinesiology, first aid, small business management, and organizational leadership. These courses help students strengthen core competencies including foundational knowledge, leadership theory and practice, self awareness and professional conduct, decision making and judgment, teaching and facilitation, environmental stewardship, program management, safety and risk management, and technical skills. All students are required to refine these competencies through a formal internship. Internships – with local outfitters, preserves, and non-profit organizations or on-campus programs such as the rock wall, outdoor resource center, or wilderness welcome program – give students the opportunity to apply their skills to help coordinate, lead, teach and evaluate programs in the outdoor leadership field. In addition to the required academic curriculum that follows, a variety of leadership training and skill development opportunities are also offered by SSU.

### OUR CAMPUS

The SSU campus has many unique learning resources, such as: Fairfield Osborn Preserve (where our students can teach children while spending the day out on the trails); a world-class “green” recreation center (with climbing wall, a ropes course, and adventure programs center); the Kenneth M. Stocking Native Plant Garden (where there are several plant propagation projects underway); Copeland Creek (the focus of a student-faculty lead restoration effort); and the Environmental Technology Center (our high tech “green” center and classroom). Not far beyond the campus there are rugged beaches, Oak and Redwood forests, the vine country, and a world-class city just over the Golden Gate Bridge.

### MOUNTAINS TO OCEANS

The Sonoma State Outdoor Leadership study track takes full advantage of the unique location of our campus. The North Bay is home to amazing beaches, rivers, deltas, bays, and mountains as well as a wealth of outdoor businesses and organizations. Most of the courses in our major requirements include significant field-based study and some include multi-day field trips.

**Check our website: [www.sonoma.edu/ensp](http://www.sonoma.edu/ensp)**

**Other ENSP Study Plans** include Education and the Environment •  
Environmental Conservation and Restoration • Energy Management and Design • Planning  
Water Quality and Hazardous Materials Management

# OUTDOOR LEADERSHIP STUDY PLAN

## BACHELOR DEGREE REQUIREMENT (44 - 47 total units)

### Lower Division Requirements (1 unit)

ENSP 201 Environmental Forum (1)

### Environmental Science (28-29 units)

ENSP 302 Applied Ecology (4)  
ENSP 303 Applied Physical Science (4)  
ENSP 305L Computer-Aided Communications (3)\*  
ENSP 307 Environmental History (4) -- OR --  
ENSP 401 Environmental Policy (3-4)  
ENSP 440 Education and the Environment (4)\*  
ENSP 442 Methods and Models: Ed and Env (3)\*  
ENSP 444 Outdoor Leadership (3)\*  
ENSP 499 Internship in Outdoor Leadership (4 unit minimum)\*

\* = recommended for the Minor

---

### Breadth Requirements (15 – 17 units)

(Kinesiology, First Aid, Leadership and Organizational Management)

#### Kinesiology (6 units)

KIN 217 Personal Fitness and Wellness (3) (GE) OR -- KIN 410 Lifespan Motor Dev (3)▪  
KIN 325 Introduction to Adaptive Physical Education (3)▪ -- OR -- KIN 427 Individuals with Disabilities in  
Education and Recreation

#### First Aid (3 units or WFR)

KIN 340 Emergency Response (3)▪ -- OR -- passage of an approved  
Wilderness First Responder course.

#### Leadership (3 – 4 units)

UNI 238 Foundations of Leadership (3) -- OR --  
PSY 424 Human Systems Leadership (4)

#### Organizational Management (3 – 4 units)

BUS 350 Principles of Management (4) -- OR -- approved substitute

### GENERAL EDUCATION NOTES

The BA Degree plan above assumes completion of the General Education (GE) requirements of the CSU including 9 units of Upper Division GE. See your advisor if you are unclear about your GE or graduation requirements.

### GE RECOMMENDATIONS

BIO 220 Human Anatomy (4)▪  
BIO 224 Human Physiology (4)▪  
BIO 314 Field Biology

▪ = potential credits toward a Minor in Kinesiology

---

(Updated: Fall 2011)