



Associate Degree in Outdoor Adventure



HIMALAYAN
SCHOOL OF OUTDOOR RECREATION

Gearing students with knowledge, experience and attitude

An undertaking of Himalayan Education Partnership affiliated to House of Rajkarnicar

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THE NEW PROFESSIONAL IN OUTDOOR RECREATION

Outdoor recreation, mainly in the form of adventure travel has grown manifold in the recent years, out-pacing other forms of travel and is predicted to continue with a robust growth in the years to come.

The global adventure tourism market was valued at US \$453.3 Billion in 2023 and is estimated to grow at a CAGR of 15.2% between 2024 and 2032. The global adventure tourism market is expected to reach US \$1.65 Trillion in 2032. Composition of adventure tourism in overall tourism grew from 26 % in 2010 to 42 % in 2013. The share of adventure tourism is expected to grow exponentially given the tourism projection of 756 Million arrivals in 2030.

The tremendous growth in outdoor recreation sector calls for more specialized professionals to serve this niche sector. In the past years, professionals simply grew into their expertise starting from a single discipline background such as outdoor sports, anthropology, environment science, earth science, marine science, botany, wild-life or forestry. Much of the knowledge and skill gap in the professionals were fulfilled by long job experience or additional training and studies over the years in their career. The multi-disciplinary background has been seriously lacking in the start-up professionals of the outdoor recreation industry.

An outdoor recreation career requires a holistic background to really do justice to the profession. The academic program for an outdoor recreation career must include more than one or two disciplines to prepare the students to handle a wide range of issues such as altitude sickness, rope techniques, bike repair, gear design, etc. Thus, HSOR has brought management, environment science, communications and spiritual well-being in its curriculum. HSOR's outdoor recreation academic program is not only about the right mix of courses for the career, it is also about developing the background to enable students to gain an enriched and full-filling outdoor career life.

Eligibility for Associate Degree in Outdoor Adventure Program

- 1) 10+2 College Graduate / A Level Graduate and Above
- 2) Minimum 18 Years of age
- 3) SEE Graduates accepted but English and Mathematics Test required
- 4) Physical Test with doctor certification

Academic Calendar

Year 1

Semester 1: 14 Weeks

- English Language and Communications
- Introduction to Outdoor Adventure & Recreation
- Environment Science for Outdoor Adventure
- Applied Mathematics
- Research Statistics and Analytics
- Swimming
- Mountain Biking – Level I
- Wilderness First Aid Medicine

Semester 2: 14 Weeks

- Tourism & Hospitality
- Trekking Guidance & Management
- Recreation Park Management and Wildlife Conservation
- IT, ICT and Digital Media
- Risk Assessment and Management
- Leave No Trace Protocol
- Avalanche Fundamentals – Level I
- Rock Climbing Fundamentals – Level I

Year 2

Semester 3: 14 Weeks

- Physical Geography and Meteorology
- Business and Financial Management
- Human Physiology & Kinesiology
- Science for Outdoor Adventure (Physics, Chemistry, Biology)
- Ropes & Knots in Outdoor Adventure
- Camp Cuisine
- Fall Internship: Outdoor Adventure & Recreation (October-December)

Semester 4: 14 Weeks

- Downhill Skiing
- Marine Studies
- Snorkeling & Scuba Diving
- River Rafting and Sports Operation & Management I
- River Rafting and Sports Operation & Management II
- Interpersonal Skills and Leadership in Group Dynamics
- Expedition Planning and Operations
- Swift Water Rescue – Level I

Learning Outcome

- Associate Degree in Outdoor Adventure from HSOR
- River Guide Certificate from CTEVT
- Trekking Guide Certificate from CTEVT
- Rock Climbing Certificate from Nepal Mountaineering Instructors Association
- Wilderness First-Aid Certificate from KEEP
- Knowledge of Outdoor Tourism, Recreation and Sports
- Experience in Adventure Operation and Management
- Technical Skills in Adventure Gear
- Leadership, Interpersonal and Communication Skills

Careers in Outdoor Recreation

- Adventure Travel Companies.
- Expedition Companies.
- Mountain Guide.
- River Guide.
- Mountaineering Clubs.
- Adventure Clubs.
- Resort and Estate Management.
- National Parks Administration.
- Forestry.
- Environment related INGOs and NGOs.
- Outdoor Gear Manufacturers.
- Outdoor Gear Retail.
- Outdoors Related Media.
- Outdoors Related Journalism.
- Outdoors Related Photography.
- Outdoors Sports Medicine.
- Athletics and Fitness.
- Physical Education.



About Himalayan School of Outdoor Recreation

HSOR offers a holistic approach to the study of outdoor recreation to better prepare the students for their niche career. First, HSOR is a strong combination of outdoor sports as a core curriculum supported by studies in management, environment science and communications. Sustainable outdoors recreation can only exist with environment conservation. Every outdoor professional must learn to preserve and protect the environment as outdoor experiences are delivered to the public. Likewise, and outdoor professional should possess basic management tools to take on the management challenges and responsibilities. Communications is considered a vital skill no matter what a student does to operate or manage an outdoor recreation enterprise or organization.

Second, the HSOR program lays equal emphasis if not more on field experience as class-room learning. The student spends ample time in the field whether it is the countryside, mountains, rivers, lakes or jungles. Learning takes place by observation and by doing through live experiences whether it is rock-climbing, canyoning, gear repair, tracking tigers or high-altitude rescue mission. The objective is to give matching experience alongside class-room teaching so that the students are ready to hit the ground running on their first job.



Last but not the least, HSOR creates the conditions and environment along with structured teaching to empower the students with high level awareness, consciousness and sensitivity to personal well-being. Spiritual well-being has very little to do with theology or ethics but more about training to navigate through competing values, beliefs, priorities and achieve a resolved state of mind. HSOR will equip the students with tools to resolve differences, conflicts, priorities and understand people and cultures beyond their appearance, behavior and rhetoric. HSOR hopes to provide not only a transformational academic program but also enable the student to initiate and lead a transformational experience to those who take up outdoor recreation or adventure travel.

