

Liberal Studies

(This major is also available via the Division of Distance Education)

The Bachelor of Arts/Bachelor of Science in Liberal Studies allows students to combine two areas of study into one interdisciplinary degree

program. Because the two areas of study may be chosen from both the College of Arts and Sciences and the College of Education and Business, a full description of the Liberal Studies Degree Program is located in the School of Arts and Sciences section on page 110.

Military Science

Eastern Oregon University and the Oregon Army National Guard offer a unique leader development program specifically for the civilian career-minded student. This program, the Guard Officer Leader Detachment, or GOLD, provides motivated young men and women exciting and valuable instruction in a variety of areas such as decision-making, goal-setting, team-building, and small-group leadership. Classroom and outdoor activities are designed to physically, mentally, and emotionally challenge you, build your self-confidence, and develop your leader skills. If you qualify, you could earn a commission as an Army officer upon graduation in the Oregon Army National Guard.

GOLD is a four-year program that provides on-campus military science instruction in two parts: the Basic Course and the Advanced Course. All classes are fully accredited and applicable towards fulfilling academic requirements for a baccalaureate degree.

BASIC COURSE (Introductory Phase)

The Basic Course is comprised of 100 and 200-level lower division courses, is usually taken in your freshman and sophomore years, and is open to any student enrolled at Eastern. Your participation in this course is completely voluntary and requires no military commitment. Instruction is oriented on adventurous outdoor and classroom activities that give you insight into the military service, basic soldiering, and leadership.

You also get to learn about the citizen-soldier and

some of his/her social contributions, duties, and responsibilities. Through your personal involvement, you get to see whether this role appeals to you.

You must join the Guard and complete Army Initial Entry Training to be eligible for the Advanced Course.

ADVANCED COURSE (Pre-commissioning Phase)

The Advanced Course is a two-year pre-commissioning phase that integrates classroom instruction, military training, and practical experience to progressively develop your leader skills, qualities, and character. In April of your sophomore year, you enroll in the state's Officer Candidate School (OCS) at the Oregon Military Academy and train as an Officer Candidate with your OCS class during the summer. Summer training consists of 15 consecutive days after your sophomore year and another 15 consecutive days after your junior year. This training is presented in a challenging, 24-hours-a-day world. For this training, you are paid as a Staff Sergeant (E-6). In your junior and senior years, leader development occurs in 300 and 400-level upper division Military Science and PEH 180 Army Physical Fitness classes. We continuously assess your performance and provide you the essential feedback and reinforcement you need to become a top-notch leader in business, the community, and the Guard.

ELIGIBILITY

You must meet these requirements to be accepted into the Advanced Course:

1. Be between 18 and 30 years old,
2. Be a U.S. citizen,
3. Be a member of the Army National Guard
4. Have completed Initial Entry Training (IET),
5. Be in good health as evidenced by a current physical,
6. Have an Army GT score of 110+ and a SAT of 750 or an ACT of 1500,
7. Be of good moral character and behavior, and
8. Be an admitted full-time student at Eastern Oregon University.
9. Although you do not have to participate in the Basic Course to enter the Advanced Course, it is encouraged.

FINANCIAL INCENTIVES

Several benefits are available to you once you join the Guard and participate in the GOLD program. As a full-time student, the Montgomery GI Bill will pay you \$282 per month to help you get your college degree. GI Bill Kicker \$200 initially and increased to \$350 once you complete Phase I. The Student Loan Repayment Program will help you repay up to \$10,000 of your student loans while you pursue your commission. As a guardsman, you may qualify for a \$6,000 initial enlistment bonus and receive weekend drill pay of between \$180 and \$200 per month. Drill pay increases to that of a Staff Sergeant (E-6) or roughly \$270 to over \$280 per month once you enroll in OCS. Additionally, IET pay for 8 week Basic Training and 5-8 week Advanced Individual Training amounts to between \$1,290 and \$1,850 a month. (Exact pay is dependent upon marital status and years of service.)

As a National Guard soldier in the GOLD program, you are eligible for the 75% Federal tuition Assistance. You may also compete for the Major General Willard K. Carey Scholarship awarded annually to a junior or senior in the Advanced Course who is an Oregon resident, maintains a cumulative 3.00 GPA, is physically fit, and exhibits leadership potential and exceptional character traits. This scholarship pays full tuition, book costs, and incidental fees for one year.

The bottom line is that during your junior and senior year, you can receive \$626 a month in cash and have 75% of your tuition paid for.

COMMISSIONING

When you complete the Advanced Course and receive your degree, you are commissioned a Second Lieutenant in the Oregon Army National Guard. You receive an officer specialty and are assigned to a unit in Oregon based on your personal preference, academic background, civilian employment, GOLD recommendations, and the needs of the Guard. As a newly commissioned officer, you normally attend an Officer Basic Course (OBC) in your specialty shortly after graduation. OBC is two months or longer, depending upon your

specialty, for which you are paid over \$2,750 per month. Your Reserve commission permits you to serve in any state National Guard or Army Reserve unit, if a position vacancy exists, should it become necessary due to civilian employment transfer.

PROGRAM STRUCTURE

Basic Course (Freshman - MS 1)

MS 101 Adventure Training I (1)

MS 102 Role of the Total Army (1)

MS 103 Adventure Training II (1)

MS 010 Leadership Lab (0)

Basic Course (Sophomore - MS 2)

MS 201 Land Navigation (2)

MS 202 Leadership and Management (2)

MS 203 Basic Military Skills (2)

MS 010 Leadership Lab (0)

MS 205 OCS Phase I (2) (Summer)

Advanced Course (Junior - MS 3)

MS 301 Military Leadership (3)

MS 302 Military Operations (3)

MS 303 Small-Unit Tactics (3)

MS 010 Leadership Lab (0)

MS 310 OCS Phase III (2) (Summer)

PEH 180 Army Physical Fitness Training (3 terms) (1 each)

Advanced Course (Senior - MS 4)

MS 401 Army Training Management (3)

MS 402 Military Law and Administration (3)

MS 403 Personal Affairs & Career Development (3)

MS 409 Practical Field Experience (1-6)**

MS 010 Leadership Lab (0)

PEH 180 Army Physical Fitness Training (3 terms) (1 each)

** MS 409 Practical Field Experience is optional and planned through the GOLD staff.

MINOR - MILITARY LEADERSHIP

The minor in military leadership provides the student a fundamental understanding of human behavior and the process of leading, motivating, and inspiring people to accomplish common goals. The student learns basic factors, principles, ethics, styles, and competencies of leadership that affect what he/she must be, know, and do to be an effective leader in any environment, civilian or military.

1. Open to any Eastern Oregon University student.
2. A minimum of 30 graded credited required for the minor.
3. Earn a GPA of at least 2.0 in all courses required for the minor.
4. Courses required for the minor:
MS 202 Leadership & Management (2)

MS 301 Military Leadership (3)
MS 302 Military Operations (3)
MS 303 Small Unit Tactics (3)
MS 401 Army Training Management (3)
MS 402 Military Law & Administration (3)
HIST 360 Military History (3)

5. At least 10 credit hours to be selected from the following:

SPCH 112 Fundamentals of Public Speaking (3)
PSY 201 General Psychology (S) (5)
THEA 250 Acting I (AC) (3)
PHIL 203 Critical Thinking (LL) (5)
POLS 221 International Relations (SS) (5)
PEH 298 Health & Fitness for Life (3)
SOC 204 General Sociology (SS) (5)
BA 321 Principles of Management (5)
ED 316 Human Development & Learning (3)

MILITARY SCIENCE COURSE DESCRIPTIONS

MS 010 - Leadership Lab Credits: .00

Provides practical experience in selected military skills and drill and ceremonies. Permits the exercise and evaluation of leadership skills in a controlled situation. Taken in conjunction with MS classes.

MS 101 - Adventure Training I Credits: 1.00

The examination and practical application of Basic Rifle Marksmanship, rappelling, mountain climbing, and basic first aid. An optional once a month field trip is offered for more extensive experience.

MS 102 - Role of the Total Army Credits: 1.00

A study of the Total Army, its concept and role in society. Examines missions, organization, personnel, and history of the Regular Army, National Guard, and Reserves.

MS 103 - Adventure Training II Credits: 1.00

The examination and practical application of survival skills, camping, water safety, weapons familiarization, and basic first aid. An optional once a month field trip is offered for more extensive experience.

MS 201 - Land Navigation Credits: 2.00

Teaches basic topographic map reading skills and land navigation using a lensatic compass and terrain association. Includes practical exercises.

MS 202 - Leadership & Management Credits: 2.00

Introduction to fundamental leadership and management, including problem analysis, decision-making, planning, management control, and interpersonal skills.

MS 203 - Basic Military Skills Credits: 2.00

Teaches basic military skills in first aid, radio and wire communications, Nuclear, Biological, and Chemical (NBC) defense, and weapons employment and operation. NOTE: Mandatory for OCS enrollment.

MS 205 - OCS Phase I Credits: 2.00

Intensive two week precommissioning training. Course oriented on leader development and individual/small-unit training in a physically and mentally rigorous environment. Individual proficiency in land navigation and communications skills is evaluated. Practical experience in a variety of leadership positions is provided. Located at various Army installations. Prerequisite: Approval of the 354th Army GOLD

MS 301 - Military Leadership Credits: 3.00

A study of Army Command and Control and small unit leadership fundamentals. The junior officer's role and responsibilities in the leadership process are fully examined. Topics such as professional ethic, soldier/team development, and Army written and oral communication skills are addressed.

MS 302 - Military Operations Credits: 3.00

A study of the principles of war and the employment of military forces in accordance with US Army doctrine, organization, equipment, and training.

MS 303 - Small Unit Tactics Credits: 3.00

A study of the fundamentals, techniques, and procedures of light infantry squad and platoon tactics. Develops leader skills in planning, organizing, and conducting small unit operations.

MS 310 - OCS Phase III Credits: 2.00

Intensive two week precommissioning training. Course oriented on squad and platoon tactical training in a field environment. Students plan, organize, and conduct small unit operations and training in a variety of leadership positions. Located at Ft. Lewis, WA.

MS 401 - Army Trng Mgmt Credits: 3.00

A study of the Army's training philosophy and the Army Training System. Course focuses on the junior officer's role and responsibilities in the process of battle focus planning, establishment of unit training programs, and execution of military instruction. Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

MS 402 - Military Law & Admin Credits: 3.00

A study of Military Justice, Army Personnel Management, and Army Logistics and Supply. Focus is on the junior officer's role and responsibilities in military law enforcement, officer and enlisted personnel management, resource management, and service support.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

MS 403 - Personal & Career Development Credits: 3.00

An in-depth examination of the Second Lieutenant in the Total Army and preparation for officer commissioning in the Army National Guard. Provides critical information on topics from officer specialty

selection, unit assignment, promotion and mobilization, to career planning, professional development, and balancing personal/family life, civilian employment, and military service.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

MS 409 - Practical Field Exper Credits: 1.00 to 6.00

A Practicum course which is designed to provide the student with practical military experience in areas

ranging from Military Supply to Army Administration procedures. Each practicum will be designed by the instructor and student to meet each individual's needs/desires. Normally 1.5 to 2 hours of work per week is required for each hour of credit requested, e.g. 3 credits would normally require 4.5 to 6 hours of work per week.

Restrictions: May not be enrolled in one of the following Class(es): Freshman, Sophomore

Eastern Oregon University

Physical Education & Health

(This major is also available via the Division of Distance Education)

OBJECTIVES

The Health and Physical Education degree program at Eastern Oregon University seeks to produce graduates who possess the skills necessary to promote health. The inter-relationship of health and physical activity create within the program a commitment to wellness, sport, recreation, and the exercise sciences.

In addition to the bachelor degree program in Physical Education and Health, two academic minors within the program are available. These minors are Physical Education - 30 hours ; and Health Studies -30 hours.

Program Outcomes/ Requirements****

a. Have good academic standing within the college and a minimum GPA of 2.00 overall.

b. Have passed the Writing Proficiency Examination.

c. It is important that persons engaged in the field of Physical Education and Health reflect a role model of good levels of physical fitness and health. Therefore, the following physical requirements are recommended for the program.

1. Complete a standard health-related fitness test achieving the 65th percentile or above.*

2. Competency in the following areas as demonstrated through completion of PEH 180 course work, professional activity courses, intramural participation,

intercollegiate competition, or completion of a skill test: team sports (such as basketball, soccer, and softball), individual lifetime sports and activities (such as bowling, tennis, golf and rock climbing), games/gymnastics/dance, and other recreational activities.

3. Competency in First Aid and CPR.

d. Complete all PEH course work with a grade of "C" or better.** This includes non-PEH prefix coursework such as Biology, Psychology, etc.

e. For the BS Degree, fulfill the mathematics competency requirement by completing MATH 105, 111, 112, 113, 211, 212, or 213.

f. Successfully complete the two components of the "capstone" experience.

First, within the capstone experience, all students will be required to complete a three term sequence of practicum experience. Each experience should be different, but must include a setting applicable to a recognized content area of the program. Second, students must complete a nationally recognized certification examination such as the ACSM, NATA, ACEP etc.

g. Complete the computer literacy requirement by taking PEH 323, PEH 325, PEH 412, and/or PEH 470.***

Assessment: The Physical Education/Health program has several points in which students are assessed. At program admissions students are evaluated in terms of physical well-being and skills attainment. In courses, students are assessed as to their performance in comparison to academic