

## **COURSE OUTLINE**

### **Rock Climbing I**

#### **Course Description**

PE 105. Rock Climbing I. 1 hour credit. This course will enable the student to develop the beginning skills of rock climbing. The student will apply the four styles of free rock climbing: bouldering, top-roping, traditional leading and sport leading as it relates to indoor or rock wall climbing.

#### **Course Relevance**

The principles learned in this course will allow the student to apply the concepts of wellness and health to personal lifestyle through rock climbing activities. This Rock Climbing course provides the student with the opportunity to actively participate and apply an awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being. The principles are relevant as the student will take responsibility to assess levels of wellness and be willing to grow, change and improve personal health by incorporating a fitness lifestyle.

#### **Required Materials**

Watts, P. (1996). *Rock climbing*. Champaign, IL: Human Kinetics Publishers, Inc.

#### **Learning Outcomes**

The intention is for the student to be able to:

1. Demonstrate the basic skills of rock climbing as it relates to indoor or rock wall climbing
2. Demonstrate improvement in physical strength and endurance
3. Incorporate rock climbing exercise into a fitness lifestyle

#### **Learning PACT Skills that will be DEVELOPED and/or documented in this course**

Through the student's involvement in this course, he/she will develop his/her ability in the following PACT skill areas:

##### **Personal Development Skills**

1. Personal management
  - Through the completion of a personal workout program, the student will demonstrate effective choices with regard to the implementation of a rock climbing exercise routine that addresses self-concept, health, time, change and other self-management health issues

##### **Analytical Thinking Skills**

2. Problem solving
  - Through the completion of a personal workout program, the student will select and design a personal rock climbing program based on wellness lifestyle goals

##### **Communication Skills**

3. Reception and interpretation of messages

- Through an oral presentation, the student will accurately explain and demonstrate proper techniques for the basic skills of rock climbing selected in a personal workout program

### **Major Summative Assessment Task(s)**

These learning outcomes and Learning PACT skills will be demonstrated by

1. Completing a workout program which demonstrates the student's selection and design of a personal rock climbing plan (A outcome) and its application to achieve a fitness lifestyle (P outcome)
2. Delivering an oral presentation of proper techniques for the rock climbing skills selected within the designed personal workout program (C outcome)

### **Course Content**

- I. Themes – Key recurring concepts that run throughout the course:
  - A. Types of rock climbing related to rock wall fitness
  - B. Belay devices
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
  - A. Overcoming personal fears
  - B. Safety of all gear, belay techniques and devices; trust
- III. Concepts – Key concepts that must be understood to address the issues:
  - A. Understanding of technique to climb and belay
  - B. Understanding all gear and safety issues (knot tying, harnesses, equipment belay technique)
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
  - A. Applying the four styles of rock climbing to be able to climb the rock walls
  - B. Understanding the safety issues of all rock climbing gear and belaying a climber on the rock walls

### **Learning Units**

- I. Rock climbing
  - A. Learning to climb and different methods of climbing
  - B. Understanding techniques of belaying a participant
- II. Equipment
  - A. Learn about all rock climbing equipment, ropes, carabineers, harnesses and helmets
- III. Rock climbing correctly
  - A. Learn technique related to physical conditioning
  - B. Learn hand holds and feet movement related to Rock Wall climbing
- IV. Fitness
  - A. Learn how to use rock climbing to stay in shape
  - B. Teach which muscles are used to climb

- V. Safety
  - A. Understanding safety specifics for climbing and equipment
  - B. Applying safety issues to belaying a climber and knot tying
  
- VI. Other places to rock climb
  - A. Other Rock Walls in the area
  - B. Areas to mountain rock climb in the Midwest

### **Learning Activities**

Learning activities will be assigned to assist the student achieve the intended course outcome through lecture, instructor-led class discussion, rock climbing activity participation, textbook reading assignments, audio-visual aids, video/DVD assignments, group discussion, field trips and other activity at the discretion of the instructor.

### **Grade Determination**

The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: drills/skill practice, examinations, written assignments, quizzes, rock climbing activity participation and other methods of evaluation employed at the discretion of the instructor.