



PE 1527

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1527

Title: Rock Climbing

Catalog Description:

This course is an introduction to rock climbing; it teaches basic techniques, including free climbing and safety systems. This course may be repeated for credit.

General Education Requirements: N/A

Semesters Offered: Fall, Spring, Summer

Credit/Time Requirement: Credit: 1; Lecture: 0; Lab: 2

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Corequisites: During Maymester only: PE 1505 and PE 1535

Justification:

Rock climbing is a physically and mentally demanding sport. It requires complete focus in the moment. It combines some of the basic elements of fitness (strength, flexibility, balance, controlled breathing). It also lends itself to socialization and trust of others as it requires a partner that can be trusted and who can trust you in demanding situations. This course will fulfill an elective credit at the U of U, USU, WSU, DSC, UVSC, and SLCC.

Student Learning Outcomes:

Students will know basic rock climbing safety systems and the techniques to go with them.

Students will learn to belay (tie the rope into the harness with the correct knot).

Students will learn various climbing techniques while on top rope belay.

Students will learn to belay each other.

Students learn proper usage and care of equipment.

Students learn communication signals of climbers.

Students learn how to classify climbs.

Content:

- Safety Systems:
 - Proper utilization of climbing equipment to maximize safety

- Safety attitudes
- Techniques of Movement on the Rock
- Proper Communication for Rock Climbing
- Belaying Others
- Rappelling
- Rock Climbing Difficulty Classification System

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Since rock climbing is so physically intensive, it requires a high level of fitness. Higher fitness levels contribute to wellness and weight control. There are very few good rock climbers who have less than excellent per cent body fat. Their strength and flexibility is also excellent. Because of the highly focused and high physical demands of rock climbing, it is an excellent method of managing stress.

Key Performance Indicators:

The learning objectives are assessed by instructor observation in the field. Every skill is carefully observed until it is mastered. (This is true for the safety systems and belaying.) The climbing is experiential and progress is made through practice. A written comprehensive final that covers the text is administered.

All percentages are approximate.

Attendance: 50%

Demonstration of knots, climbing techniques, belaying, safety techniques: 10 - 15%

Field trip: 10 - 15%

Written final examination: 25%

Representative Text and/or Supplies:

Long, John. *How to Rock Climb*. Current edition.

Optimum Class Size: 12

Maximum Class Size: 15

Signatures:

I hereby submit this course syllabus:

Elliot Anderson, ,

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)