



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2018

PA 1820 – INSTRUCTION OF THE BASICS OF INDOOR WALL CLIMBING

3 (0-0-3) UT 45 HOURS 15 WEEKS

INSTRUCTOR:	David Murray	PHONE:	780-539-2089
OFFICE:	M 124 (Climbing Gym)	E-MAIL:	DMurray@GPRC.ab.ca cgym@gprc.ab.ca
OFFICE HOURS:	2-4 pm, (M-W-F)		

CALENDAR DESCRIPTION:

Acquisitions of theoretical knowledge and personal skills used in the instructions of the basics of indoor wall climbing.

Note: This course requires additional practice outside of the scheduled class times.
Transfer: UA, UC, UL, AU, AF

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS:

Check Moodle for relevant videos/readings

Climbing shoes and all necessary equipment will be provided. However, having your own climbing shoes and chalk bag is strongly encouraged.

DELIVERY MODE(S):

All lessons will be taught at the climbing wall (M124) using verbal description, physical demonstration and personal kinesthetic practice.

Readings and videos will be available online (Moodle) throughout the course. You will be tested on these.

COURSE OBJECTIVES:

1. Teach students the skills, strategies, and techniques that will enable them to enjoy and excel at the sport of indoor rock climbing.
2. Teach students the skills and attitudes necessary to ensure the safety of themselves and others while climbing
3. Foster in students an appreciation for the history and culture of rock climbing.

LEARNING OUTCOMES:

1. Students will identify the basic holds that exist in a rock climbing gym.
2. Students will model the fundamental grip types and use them correctly.
3. Students will solve prepared problems by correctly identifying and performing the necessary fundamental climbing techniques taught in this course.
4. Students will demonstrate an understanding of the history and culture of rock climbing.
5. Students will exhibit the necessary skills and attitudes to ensure the safety of themselves and others while rock climbing.

TRANSFERABILITY: UA, UC, UL, AU, AF

***Warning:** Although we strive to make the transferability information in this document up-to-date and accurate, **the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.**

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page <http://www.transferralberta.ca> or, if you do not want to navigate through few links, at <http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

- Learning Behaviour (10%) – You are expected to attend every class and be fully engaged while present.
- Route Setting Project (10%) – Demonstrate your knowledge/understanding of the basic holds/techniques learned in the first six weeks of this course.
- Open Topic Climbing Essay (20%) – Display your findings on research into any area of rock climbing that interests you.
- Bouldering Challenge (20%) – Show your mastery of the fundamental skills and techniques discussed in the first half of this course. Extra climbing outside of class will most likely be needed if you want to do well on this assignment.
- Top-Rope Red-Point Challenge (10%) – Use the skills you will attain to climb the hardest top-rope route you can complete (unlimited attempts).
- Final Exam (2 Parts):
 - Part A: On-Site Final (10%) – You will have only one attempt to progress as far as you can on a newly created route that increases in difficulty. The further you progress the higher your grade. Must be able to tie Figure-8 knot properly before starting climb.
 - Part B: Written Final (20%) – To be comprised of questions about any topic discussed in class, or in the Moodle resources given.

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

COURSE SCHEDULE/TENTATIVE TIMELINE:

<u>Week (Dates)</u>	<u>Topic/Activity</u>	<u>Notes</u>
Week 1 (January 4)	Course Outline and free climbing	
Week 2 (Jan 9 and 11)	Concept (Physics of Friction) Activity (Point Game, Repeat to beat score) Lesson (Holds: Jugs and side pulls) Lesson (Technique: Foot matching and Hand Matching) Activity (Practice Falling and Climbing Routes Practice)	
Week 3 (Jan 16 and 18)	Lesson (Holds: Pinches and Underclings) Lesson (Technique: Weight Transfer/Lateral Movement) Activity (*No-Hand Climbing and Elimination*) Thursday Night Throwdown Competition Setting – No class Jan. 19th	TNT Jan 18 th 7pm
Week 4 (Jan 23 and 25)	Lesson (Holds: Crimps and Slopers) Lesson (Technique: Heel/Toe Hooks and Rock-over/Hand-foot Match) Activity (Overhang Climbing and “Elimination”)	
Week 5 (Jan 30-Feb 1)	Lesson (Technique: Gastons and Mantle) Lesson (Technique: Rose and Back-step/Stem) Activity (Rose Traverse and Chimney Climbing Backwards)	
Week 6 (Feb 6 and 8)	Introduce Climbing League Introduce Essay Start Top-Roping Thursday February 9th	
Week 7 (Feb 13 and 15)	Work on Routes for Climbing League TNT Competition Setting Feb. 16th	TNT Feb. 15 th 7 pm

Week 8 (Feb 20 and 22)	Work on Routes for Climbing League	
Week 9 (Feb 26-Mar 1)	Introduce Boulder Setting Challenge Teach route setting basics Work on Boulder Setting Challenge Work on Climbing League Routes	
Week 10 (Mar 6 and 8)	Work on Boulder Setting Challenge	
Week 11 (Mar 13 and 15)	Present Route in Class (March 14 - 10%) Essays Due (20%) Peace Country Climbing Championships	Essay Due March 15th by 9:00 pm PCCC (Competition) March 17 th 10 am
Week 12 (Mar 20 and 22)	Introduce and Work on Bouldering Challenge Problems Introduce and Work on Red-Point Challenge Routes	PCCC Festival March 25 th
Week 13 (Mar 27 and 29)	Work on Bouldering Challenge Problems Work on Red-Point Challenge Routes	
Week 14 (April 3 and 5)	Work on Bouldering Challenge Problems Work on Red-Point Challenge Routes	Essays Returned April 6th
Week 15 (April 10 and 12)	Final Exam Review – bring phone to record Work on Bouldering Challenge Onsite Final (10%), in class, April 13th (Register April 11th)	
	Final Exam (Date TBA) Bouldering Challenge Problems (20%) and Red-Point Route (10%) due by Final Exam	

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at
www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at
<http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at
<https://www.gprc.ab.ca/about/administration/policies>

****Note:** all Academic and Administrative policies are available on the same page.