



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY
COURSE OUTLINE – WINTER 2020
PA 1820 – INSTRUCTION OF THE BASICS OF INDOOR WALL CLIMBING
3.0 (0-0-3) UT 45 HOURS 15 WEEKS

INSTRUCTOR: Seb Fontaine **PHONE:** (780) 539-2990
OFFICE: K220 **E-mail:** Sfontaine@gprc.ab.ca

OFFICE
HOURS: By appointment

Teaching Josh Malmsten **PHONE:** (780) 539-2089
Assistant:
OFFICE: M124 (Climbing Gym) **E-mail:** JMalmsten@gprc.ab.ca

DELIVERY MODE(S):

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

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

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.

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

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 identify movements and techniques within a rock climbing problem.
4. Students will correctly perform the necessary fundamental climbing techniques and movements taught in this course.
5. Students will demonstrate an understanding of the history and culture of rock climbing.
6. Students will exhibit the necessary skills and attitudes to ensure the safety of themselves and others while rock climbing.
7. Students will learn how to belay a partner safely and correctly.

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.
4. Teach students the skills required in order to use the rock climbing facility to its greatest capacity.

COURSE SCHEDULE/TENTATIVE TIMELINE:

	Topics	Assessments
Week 1: Jan. 7 & 9	Class 1: Class outline and safety Class 2: Communication and route introduction	
Week 2: Jan. 14 & 16	Class 1: Proper falling and spotting technique Class 2: Holds/foot placement	
Week 3: Jan. 21 & 23	Class 1: Foot placement Class 2: No class	Belay test – Arrange time with Josh or drop in anytime this week (20-24 Jan, <i>excluding</i> 23 Jan) to complete the test
Week 4: Jan. 28 & 30	Class 1: Skills Class 2: Skills	
Week 5: Feb. 4 & 6	Class 1: Skills Class 2: Skills	
Week 6: Feb. 11 & 13	Class 1: Practice of skills learned Class 2: Practice of skills learned	Rock climbing documentary analysis due – February 14, 5pm deadline
Week 7: Feb. 18 & 20	Winter Break	
Week 8: Feb. 25 & 27	Class 1: Skills assessment Class 2: Thursday night throw-down (TNT)	History or culture of rock climbing project due on 28 February - 5pm deadline
Week 9: Mar. 3 & 5	Class 1: Introduction to route setting Class 2: Route setting	
Week 10: Mar. 10 & 12	Class 1: Presentation of routes from week 9 Class 2: Route setting	Route setting 1 assessment due March 10
Week 11:	Class 1: Introduction of bouldering challenge	

Mar. 17 & 19	Class 2: Work on route setting	
Week 12: Mar. 24 & 26	Class 1: Work on bouldering challenge Class 2: Route setting assessment – Students can come into the climbing gym whenever during the 26th or the 27th to route set	Route setting 2 assessment – 26 or 27 of March
Week 13: Mar. 31 & Apr. 2	Class 1: Work on bouldering challenge Class 2: Work on bouldering challenge	
Week 14: Apr. 7 & 9	Class 1: Work on bouldering challenge Class 2: Final exam review	

EVALUATIONS:

Belay test: 5% - **Week 3**

Safety/participation throughout: 10% - **ongoing**

Rock climbing documentary analysis – 10% - **February 14 2020**

History/culture of climbing assessment: 15% - **February 28 2020**

Route setting project 1: 5% - **March 10 2020**

Route setting project 2: 10% - **March 26 or 27 2020**

Bouldering challenge: 15% - **Week 12-14**

Final: Part A: Practical – 10% Part B Written: 20% - **To be advised**

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

STUDENT RESPONSIBILITIES:

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

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the College Student Misconduct: Academic and Non-Academic Policy at
www.gprc.ab.ca/d/STUDENTMISCONDUCT

****Note:** all Academic and Administrative policies are available at
www.gprc.ab.ca/about/administration/policies/

UNIVERSITY TRANSFER (If applicable):

**** 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.**

Please refer to the Alberta Transfer guide for current transfer agreements:
www.transferalberta.ca