

Course:	<b>PA1820–Indoor Wall Climbing</b>								
Session:	<b>Winter 2008</b>								
Credit/Hours:	<b>1.5 (0-0-3) 45 Hours</b>								
Transfer:	UA, UC, UL, AU*, AUC								
Pre/corequisite:	None								
Instructor:	Anjeanette “AJ” Porter; M124; 539-2089; APorter@gprc.ab.ca								
Calendar Description:	<p>Acquisition of theoretical knowledge and personal skill in basic climbing techniques, rope management, and belays.</p> <p>Notes: This course requires additional practice outside of the scheduled class times. The course auxiliary fee covers unlimited access to the climbing facility and equipment in the semester in which the course is taken.</p>								
Course Content:	<p>Movement in both horizontal and vertical planes; belaying and top-roping, stretching and injury prevention, rappelling and ascending methods; (sport) climbing history, practice, and ethics.</p> <p>Safety in the gym will be a major focus in this course.</p>								
Evaluation:	<p>Evaluation will be based upon four aspects of this course:</p> <table> <tr> <td>Knot and Belay Evaluation (Pass/Fail)</td><td>10%</td></tr> <tr> <td>Bouldering Route</td><td>35%</td></tr> <tr> <td>Final Top-rope route</td><td>35%</td></tr> <tr> <td>Final Written Exam</td><td>20%</td></tr> </table>	Knot and Belay Evaluation (Pass/Fail)	10%	Bouldering Route	35%	Final Top-rope route	35%	Final Written Exam	20%
Knot and Belay Evaluation (Pass/Fail)	10%								
Bouldering Route	35%								
Final Top-rope route	35%								
Final Written Exam	20%								
Timeline:	Top-rope routes must be completed within five days of the last class.								
Required Materials:	<p>You must bring all required materials to every class session:</p> <ul style="list-style-type: none"> <li>✓ 5 meters/16 feet of 7mm cord that you may purchase from Valhalla Pure. Have them cut and heat-seal it into 5’/1.5m and 11’/3.5m sections.</li> <li>✓ Notebook/paper and pen. Keep them convenient within the class, not stored deep in your pack at the front of the gym. Anything in the lectures may show up on the final exam.</li> <li>✓ Comfortable clothing. You should wear comfortable athletic clothing for this class, e.g. short sleeve shirts that allow freedom of movement, and flexible long shorts, capris, or Yoga pants. Short shorts will make the harnesses very uncomfortable and jeans will limit your range of motion and hence are NOT a good choice.</li> </ul> <p><b>SAFETY:</b> You must not wear any jewelry on your hands, wrists, or neck during this class.</p> <p>☺ Rental shoes, chalk, harnesses, and the required technical gear will all be available for your use within the climbing gym. Buying your own pair of climbing shoes will <i>undoubtedly</i> help you climb better, as you could then climb without socks, in shoes you have chosen because they match your comfort specifications. Shoes that fit well and are comfortable (as much as any climbing shoes can be “comfortable”) will be your biggest asset on the climbing wall.</p> <p>There are no required texts, but you will probably find the gym’s small library of books and magazines to be helpful and informative reading when you are resting.</p>								
Additional Costs:	There is an auxiliary fee that you have already paid to cover your use of rental gear for the duration of this semester, and provide you with access to the climbing gym for this semester.								
Attendance:	More than 20% absenteeism may constitute a failure except for medical or extenuating circumstances in which case a doctor’s letter may be required.								
Plagiarism:	Plagiarism is cheating. See P. 39-47 of the Calendar for more details, and for explanation of many other policies and regulations.								
Reviewed:									

