

Course:	PA1820–Indoor Wall Climbing										
Session:	Winter 2008										
Credit/Hours:	1.5 (0-0-3) 45 Hours										
Transfer:	UA, UC, UL, AU*, AUC										
Pre/corequisite:	None										
Instructor:	Anjeanette “AJ” Porter; M124; 539-2089; APorter@gprc.ab.ca										
Calendar Description:	Acquisition of theoretical knowledge and personal skill in basic climbing techniques, rope management, and belays. Notes: This course requires additional practice outside of the scheduled class times. The Wellness fee covers unlimited access to the climbing facility and equipment through the school year.										
Course Content:	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. Safety in the gym will be a major focus in this course.										
Evaluation:	Evaluation will be based upon five aspects of this course: <table> <tr> <td>Knot and Belay Evaluation (Pass/Fail)</td><td>10%</td></tr> <tr> <td>Competition Routes</td><td>15%</td></tr> <tr> <td>Bouldering Routine</td><td>30%</td></tr> <tr> <td>Final Top-rope route</td><td>25%</td></tr> <tr> <td>Final Written Exam</td><td>20%</td></tr> </table>	Knot and Belay Evaluation (Pass/Fail)	10%	Competition Routes	15%	Bouldering Routine	30%	Final Top-rope route	25%	Final Written Exam	20%
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Timeline:	Top-rope routes must be completed within five days of the last class.										
Required Materials:	You must bring all required materials to every class session: <ul style="list-style-type: none"> ✓ 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. ✓ 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. <p>SAFETY: 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>										
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:											