



DEPARTMENT OF PEAK

COURSE OUTLINE – WINTER 2012

PA 1820 – 1.5 (0-0-3) 45 HOURS

INSTRUCTOR: Anjeanette “AJ” Porter
PHONE: 780-539-2089
OFFICE: M124
E-MAIL: APorter@gprc.ab.ca
OFFICE HOURS: 2-6pm, M-F

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS: None

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 student wellness fee covers unlimited access to the climbing facility and equipment through the school year

CREDIT/CONTACT HOURS: 1.5 (0-0-3) 45 Hours

DELIVERY MODE(S): All lessons will be taught at the climbing wall (M124) using verbal description, physical demonstrations and personal kinesthetic practice. Readings available on Moodle throughout course.

OBJECTIVES (OPTIONAL): Teach movement in both horizontal and vertical planes; belaying and top-roping, stretching and injury prevention, rappelling and ascending

methods, teaching climbing skills; Safety in the gym will be a major focus in this course.

TRANSFERABILITY: UA, UC, UL, AU*, AUC

**** 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

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

EVALUATIONS: Evaluation will be based upon five aspects of this course:

Knot and belay Evalutaion (Pass/Fail)	15%
Skill/Movement teaching	20%
Bouldering Route	25%
Final Top-Rope Route	20%
Final Written Exam	20%

STUDENT RESPONSIBILITIES: The student is expected to attend each session and participate in the on-the-wall practice time. This involves climbing in front of your classmates. It is the student's responsibility to set up a time with the instructor to make up for missed days.

You must bring all required materials to every class session:

- 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.
- SAFETY: You must not wear any jewelry on your hands, wrists, or neck during this class.
- Climbing 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 *undoubtedly* 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 will be your biggest asset on the climbing wall.

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

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

COURSE SCHEDULE/TENTATIVE TIMELINE:

Jan 31st: Belay tests must be completed

Feb 7th: Skill test instruction sign-up

March 22nd: Boulder routes due

April 12: Written Final in class

Top-Rope Climbs due the last day of Finals