



DEPARTMENT OF PEAK
COURSE OUTLINE
PA 1820 – 3.0 (0-0-3) 45 HOURS

INSTRUCTOR: Anjeanette “AJ” Porter **PHONE:** 780-839-2089
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OFFICE HOURS: Contact instructor via email to arrange a meeting

PREREQUISITE(S)/COREQUISITE: None

REQUIRED TEXT/RESOURCE MATERIALS: Climbing Gym Instructor Technical Manual
Available at bookstore

Recommended Course Materials: Websites

- <http://www.competitionclimbingcanada.com/CCC/Home/Home.html>
- <http://www.indoorclimbing.com/>
- <http://www.ifsc-climbing.org/>

CALENDAR DESCRIPTION:

1. Acquisition of theoretical knowledge and personal skill in basic climbing techniques, rope management, and belaying.
2. A conscious reorganization of basic skills required in the activity and an applied application of how these skills are executed.
3. Development of the specific theoretical knowledge associated with terminology, history, sociocultural context, rules and organizational aspects, basic strategies, safety skills and tactics, technique, and other concepts relevant to the activity.

CREDIT/CONTACT HOURS: 3.0 (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 online (Moodle and websites) throughout course.

OBJECTIVES:

1. To introduce the fundamentals of indoor climbing techniques.
2. To demonstrate and practice the safety procedures required for safe indoor climbing (both bouldering and top-rope climbing).
3. To develop effective tactics applied to different climbing scenarios.
4. To provide opportunities for students to demonstrate understanding and competence through examinations and physical performance assessments.
5. To develop an understanding and appreciation of the problem solving related to physical and mental challenges within climbing.

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 seven aspects of this course:

1. ***Class Attendance – 5%***

Since the in-class climbing sessions involve physical practice and practical application of the theory, participation is crucial and attendance is imperative. Students are responsible for the material presented in all sessions.

2. ***Class Participation – 5%***

Participation will be evaluated subjectively by the instructor using a simple 6 point scale: Excellent -5, Very Good – 4, Good – 3, Satisfactory – 2, Poor – 1, Unsatisfactory – 0

3. ***Physical Assessments – 40%***

The student's ability to demonstrate the basic skills of the activity in controlled scenarios. These skills will be evaluated based on the level of performance demonstrated by:

- ***Bouldering Demonstration (10%)*** Students will choose and climb one taped boulder problem. The focus of the Bouldering Demonstration is to employ and demonstrate the fundamentals to successfully complete chosen boulder problem with complete competency.

Date:

- ***Safety Skills (10%)*** PA1820 students are required to complete a GPRC Peak Climbing Gym Belay Test. Safety Skills consist of belaying, knot dressing and clear concise communication.

Date:

- ***Red Point Top-Rope Climb (10%)*** This assessment will determine competence in climbing a Top-Rope route bottom to top without falls or weighting the rope; based on pre-rehearsal of the route. Students must have their Belay Card as a prerequisite for this evaluation (see above; safety skills).

Date:

- ***On-Sight Top-Rope Climb (10%)*** This tests the student's ability to climb a Top-Rope route first attempt with no prior knowledge or beta of the route. Utilizing all accumulative skill and ability. All students will climb the same route. Students must have their Belay Card as a prerequisite for this evaluation (see above; safety skills).

Date:

4. ***Midterm Paper – 10%***

The student will show an understanding and comprehension of an iconic climber's contribution to the development and progression of climbing as a sport.

Date:

5. ***Teaching Assignment – 10%***

Assess the student's ability to design a teaching model of a Safety Skill.

Date:

6. ***Coaching/Leading a Drill – 10%***

Each student will be responsible for designing a lesson plan for one drill during class. Then

leading the class through that drill. The drill will display the student's ability to demonstrate good instruction methods in a group scenario. **There will be a sign-up sheet for a specific date.**

7. **Final Exam – 20%**

A culmination of the students' understanding of the instruction of Climbing. An emphasis is placed on error detection and correction of skills in the sport as well as instruction methods and specific drills used. The exam will include all material that has been covered during classes. Sample questions will be discussed during the course

STUDENT RESPONSIBILITIES:

- **Attire and Equipment:** The GPRC Peak Climbing Gym will provide climbing shoes, harness, belay device and chalk bag during class hours. 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. 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.
- **Attendance and Practice**

Attendance in this course is very important. Missing a class has consequences for completing assignments and preparing for exams. Students who arrive late or are absent from class are responsible for getting materials and information about the class activities from their classmates.

It is imperative for skill development, partnership work, and understanding of the specific technique that students attend all classes and make full use of the activity time. The nature of this course requires a high degree of practical skill, it is expected that students will devote time to practice outside of class time. Students are strongly encouraged to use the drills and techniques demonstrated during class.
- **Medical Statement:**

It is the students' responsibility to inform the course instructor of any physical or medical condition that may compromise their physical participation and ability to meet the course requirements. Students may contact the course instructor for further information on physical activity requirements and are encouraged to seek medical advice if necessary.

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:

The course will include the following:

- ❖ Movement skills (over vertical and overhanging terrain: foot and hand techniques, weight transfers, balance, body positioning strategies, and static to dynamic styles of motion)
- ❖ Basic teaching skills
- ❖ Stretching, training, and injury prevention
- ❖ Belay methods: gri-gri, belay tube (ATC)
- ❖ Knots

Timeline is determined by how quickly the class picks up the necessary skills