



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2015

PA 1820 – INSTRUCTION OF THE BASICS OF INDOOR WALL CLIMBING

3.0 (0-0-3) UT 45 HOURS 15 WEEKS

INSTRUCTOR: David Murray **PHONE:** 780-539-2089
OFFICE: M 124 (Climbing Gym) **E-MAIL:** DMurray@GPRC.ab.ca
OFFICE HOURS: 2-4 pm, (Tuesday, Thursday, Friday)

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 solve prepared problems by correctly identifying and performing the necessary fundamental climbing techniques taught in this course.
4. Students will demonstrate an understanding of the history and culture of rock climbing.
5. Students will exhibit the necessary skills and attitudes to ensure the safety of themselves and others while rock climbing.

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.

COURSE SCHEDULE/TENTATIVE TIMELINE:

<u>Week (Dates)</u>	<u>Topic/Activity</u>	<u>Notes</u>
Week 1 (September 2)	Course Outline and free climbing	
Week 2 (Sep 9)	Concept (Physics of Friction) Activity (Point Game) Lesson (Holds: Jugs and side pulls) Lesson (Technique: Foot matching and Hand Matching) Activity (Elimination)	
Week 3 (Sep 14 and 16)	Lesson (Holds: Pinches and Underclings) Lesson (Technique: Weight Transfer/Lateral Movement and Twist-lock/Lay-Back) Activity (TNT Routes)	TNT Sept 17 th 7pm
Week 4 (Sep 21 and 23)	Lesson (Holds: Crimps and Slopers) Lesson (Technique: Heel/Toe Hooks and Rock-over/Hand-foot Match) Activity (Overhang Climbing and No-hand Climbing)	
Week 5 (Sep 28 and 30)	Lesson (Technique: Gastons and Mantle) Lesson (Technique: Rose and Back-step/Stem) Activity (Rose Traverse and Chimney Climbing Backwards)	
Week 6 (Oct 5 and 7)	Work on Route Setting Assignment Introduce Essay	
Week 7 (Oct 12 and 14)	Work on Route Setting Assignment Present Route in Class (Oct 14 - 10%)	Rocktober Fest Oct. 18 th (or 25 th ... TBA)
Week 8 (Oct 19 and 21)	Introduce Bouldering Challenge Harness Checks, Knot Checks	

Week 9 (Oct 26 and 28)	Work on Bouldering Challenge Problems Belay Device Checks, Learn to Belay	
Week 10 (Nov 2 and 4)	Work on Bouldering Challenge Problems Introduce Red-Point Challenge	
Week 11 (Nov 9)	Work on Bouldering Challenge Problems Work on Red-Point Challenge Routes	Essay Due Nov. 12 by 6:00 pm
Week 12 (Nov 16 and 18)	Work on Bouldering Challenge Problems Work on Red-Point Challenge Routes	TNT Nov. 19 th 7:00 pm
Week 13 (Nov 23 and 25)	Work on Bouldering Challenge Problems Work on Red-Point Challenge Routes	
Week 14 (Nov 30 and Dec 2)	Work on Bouldering Challenge Problems Work on Red-Point Challenge Routes	Essays Returned Nov. 30 th
Week 15 (Dec 7 and 9)	Final Exam Review Work on Bouldering Challenge Onsite Final, in class, December 9 th (Register Dec. 7 th)	
	Final Exam (Date TBA)	

EVALUATIONS:

- Learning Behaviour (10%) – You are expected to attend every class and be fully engaged while present.
- Route Setting Project (10%) – Demonstrate your knowledge/understanding of the basic holds/techniques learned in the first six weeks of this course.
- Open Topic Climbing Essay (20%) – Display your findings on research into any area of rock climbing that interests you.
- Bouldering Challenge (20%) – Show your mastery of the fundamental skills and techniques discussed in the first half of this course. Extra climbing outside of class will most likely be needed if you want to do well on this assignment.
- Top-Rope Red-Point Challenge (10%) – Use the skills you will attain to climb the hardest top-rope route you can complete (unlimited attempts).
- Final Exam (2 Parts):
 - Part A: On-Site Final (10%) – You will have only one attempt to progress as far as you can on a newly created route that increases in difficulty. The further you progress the higher your grade.
 - Part B: Written Final (20%) – To be comprised of questions about any topic discussed in class, or in the Moodle resources given.

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.transferralberta.ca