

Course outline  
PA1820 (Rock Climbing)  
Fall 2001

SEP. 15 2001

**Instructor:** Ian Brown

**Office and hours:** Generally available at the climbing wall during week-day hours until 6:00, but subject to other demands. Phone 539 2089

**Credits and transfer:** 1.5 credits, transfers to U of A as PAC 182 (1.5)

**Class times:** Tuesdays and Thursdays from 16:00 to 17:20

**"Lab" access and practice:** A fee of \$65.00 will have been charged to grant you membership and rental gear during normal facility hours for the duration of the course. Consider this valuable and use it lots.

### Course Description

The intent of this course is to introduce students to the essentials of climbing movement and the equipment and techniques relevant to top-roped climbing, particularly in the indoor environment.

### Objectives

- To encourage practical understanding and ability in the movement and balance techniques of rock climbing
- To create an understanding of safety procedures for top-roped climbing indoors.
- To provide information relevant to the selection and care of climbing equipment.
- To provide an awareness of some of the broader context of climbing; its history, variety, and some of the current issues surrounding its practice.

### Course Content

- Information relevant to training and injury prevention -warm-ups stretching, etc
- Top-rope belay training.
- Technical movement skills
- Equipment and terminology
- Rappelling, jumarring and related rope skills
- Climbing miscellany

### Text and Readings

There is no required text and any readings required will either be provided on photocopy or made available from the gym library.

### Evaluative Elements

There are four elements involved in determining marks for this course. Simple descriptions and the weightings attached to each are listed below.

- The bouldering routine (Qualitative evaluation) 32%

This is a routine that you will choreograph and practice before performing for the video camera. This routine will be evaluated on the basis of how well you illustrate the movements and principles that we will have covered to this point. This will be due around the mid-point of the course.

Worked route (Quantitative evaluation) 33%

This is very simply a measure of how tough a route you can get up at the end of the course. Various routes will be designated certain values and your mark for this element will be the value of the toughest climb you can complete.

Knot and belay evaluation - 10%

You will be tested on two of the knots we will have covered as well as the proper set-up and use of your belay system. Since these are safety systems or elements thereof, they are either right or useless. Accordingly this part is simply pass or fail.

Final written exam - 25%

A test of all that we will have covered in regard to terminology, equipment, technical theory, training issues, etc. Mostly short answer questions and written during final exams.

Final notes

I expect that most of you taking this course are doing so out of real personal interest - this is likely since it is not a requirement for any program of studies - so I should not have to counsel you to put the time in and get the most out of the course. Still, to cover the bases, attendance is important and expected. So is practice outside of class. The only formal project in this course is the bouldering assignment, which will take some time to do well, but otherwise there is no homework in this course aside from the expectation that you will come in and make use of what we are learning. This is something people do for recreation; it's meant to be fun. Coming out to play regularly, is your surest way to a good mark in this course.