

GRANDE PRAIRIE REGIONAL COLLEGE
PA 1820
PHYSICAL ACTIVITY COURSE LEVEL 1 (Rock Climbing)
Winter 2000

1. **General Information**

Instructor: Ian Brown
Office: M 124 (Altitude Addictions Climbing Gym)
Phone: 539 2089

Class Times: Tuesday, Thursday - 2:30 - 3:50

Credit: 1.5 credits

Transferability Equivalent to PAC 182 U of A (1.5)

2. **Course Objectives**

1. To introduce basic indoor wall climbing skills.
2. To demonstrate and practice the procedures required for safe climbing
3. To provide information relevant to the selection and care of climbing equipment.
4. To introduce issues relevant to the ethics and administration of sport climbing

3. **Course Content**

1. Stretching, training, and injury prevention
2. Climbing technique - balance, foot/hand techniques, weight transfer, etc.
3. Toprope belay systems - knots, belay devices, procedures.
4. Rappelling, jumarring, and related rope techniques.
5. Issues of climbing history and practice - ethics and current controversies

4. **Evaluative Procedure**

The following elements will be used in evaluating student performance and assessing grades according to the weighting and criteria noted for each element.

1. Safety systems and rope skills: (10% of final mark)

The students will be assessed on their knowledge of and ability to execute the skills and procedures necessary to the use of various reliable rope safety systems. This will include examination in knot tying and belaying. An unsafe system will be assigned a mark of zero

2. Bouldering: (32% of final mark)

Climbing skills will be assessed through the performance of individual bouldering routines. Students' routines will be video-taped and reviewed for grading on the following points

- Fluidity and and rhythm in moving on the wall
- Demonstated ability in a broad range of hand and foot techniques

-Imaginative and appropriate use of various balance and movement techniques - eg. stemming, laybacks, flagging, and both static and dynamic movement.

3. Quantitative climbing evaluation (33% of final mark)

Routes of varying difficulty will be set up and a mark attached to each of them depending on its difficulty. The mark a student receives for this element will be that which is assigned to the most difficult climb which they complete during the course.

4. A final written examination (25% of final mark)

5. Resources

Required readings for the course will be few and available at the climbing gym. The climbing equipment required for the course will be provided through the Altitude Addictions Climbing Gym both for class time and practice at a cost of \$65 per student. Open access to the climbing gym during normal operating hours is also offered to the students for the extent of the course as part of this fee.