

JAN 16 2001

PA 1820 (Rock Climbing) Course Outline, Winter 2001

Time: Monday and Wednesday from 16:00 to 17:20 (that's 4:00 to 5:20 pm)

Classroom: M 124 (Altitude Addictions Climbing Gym)

Instructor: Ian Brown

Contact info: I am generally at the wall from noon to six weekdays and can be reached by phone at 539 2089

Credit: 1.5 credits transferable to U of A as PAC182

Course Objectives:

1. Introduce the elements of effective climbing movement
2. Discuss issues relevant to the appropriate selection and use of technical climbing equipment
3. To demonstrate the procedures required for safe climbing and training
4. To introduce issues relevant to the ethics and administration of sport climbing

Course Content.

1. Stretching and warm-up principles
2. Proper use of top-rope belaying systems.
3. Techniques and terminology of climbing motion
4. Training and performance principles
5. Basic rappelling and ascending systems

Evaluative Elements

There are four elements to the assignment of marks in this course as listed below. More complete information on each of these will obviously be given as they are assigned.

Bouldering Assignment

This is a qualitative evaluation of your understanding in practice of all the movement techniques which we will have covered in the first half of the course. You will design and perform a short routine exhibiting the widest possible range of climbing skills and movement. This will be recorded and evaluated on the basis of how well your understanding of these skills translates into their effective use. Assigned in mid Feb, this will be due in early March

Redpoint Assignment

For this assignment, a number of routes at varying difficulties will be assigned a stanine value which can be earned by a successful climb from bottom to top with no falls. You will have between two and three weeks to complete these climbs after they are assigned. Unlike the bouldering assignment, the emphasis here is not on your form and style, but rather on how hard a route you can make it up. This is assigned in the final weeks of the course.

Knot and belay evaluation

You will be tested on two of the five knots we will be covering in the course and on the set-up and operation of the top-rope belay system. In each case the mark is pass/fail as is appropriate in a safety system. This will be tested in late March

Final written test

The written test at the end of the semester will ask you to show your understanding of climbing issues related to gear selection and care, climbing history and ethics, warm-ups and injury prevention, training issues, and general terminology.

Course materials

There is no required textbook for this course, but a charge of \$65 is levied to cover the cost of providing open access to the facility and equipment outside of class hours. The selection of books at the climbing gym is available as additional reference and some handouts may be given from time to time, but you will largely be dependant on your lecture notes when it comes time for exam studying.