

Course outline for PA 1820 Winter 2004  
Rock climbing  
1.5 credits transfers to U of A as PAC 182

Instructor: Ian Brown  
p.m. most weekdays

Office and hours: M124 from noon to six

Time: Mon and Wed from 4:00 to 5:20 p.m.

Classroom: GPRC Climbing Gym, Rm M124

#### Description

This is a skills acquisition course in climbing primarily on artificial structures although we will touch on many subjects with relevance to a broader range of climbing situations. We will focus on the knowledge and skills needed to safely and successfully participate on climbing indoors, including safety systems, movement skills, gear selection and care, training principles, and injury prevention through proper warm-ups etc.

#### Objectives

- To introduce and develop the skills necessary to successful climbing movement
- To develop a solid practical understanding of the procedures required for safe climbing
- To provide information relevant to the selection, use, and care of climbing equipment.
- To provide tools useful in physical and technical training for climbing
- To present the sport of climbing in context with its history and current ethical issues.

#### Course content

- Stretching, training, and injury prevention.
- Technical movement skills for climbing
- Rope and safety systems for top-rope climbing
- Rappelling, ascending and climbing related knots
- Climbing as it is, has been, and may be practiced

#### Evaluation

**\*\*note\*\*** Success is not the same thing as a good mark. The evaluation provides your mark, but you must determine and assess the terms of your real success. Not everyone will get a 9 but all can still succeed. It is always sad for me to see students who have achieved enormously in this course, on so many levels, go away feeling like they failed because they did not get a top mark.

#### Bouldering routine - 32% grade component

This is a routine of your own design to be prepared and performed on the lower walls and filmed for evaluation. It should illustrate all that you have learned to that point and be performed in a manner that shows confidence and competence throughout. Difficulty is not the issue here but rather style and control.

Final top-rope assessment - 33% grade component

This is where difficulty is primary. Several routes will be assigned and your grade will be based on the hardest route you were able to finish. You will have at least two weeks to work on these routes. Style is not at issue. You can try to thrash your way to the top any way you like...but it is likely that only well developed skills will get you up the tougher routes anyway.

Written test - 25 % grade component

Short answer questions on all the topics discussed in the course including gear, movement, training, ratings, ethics, etc. Roughly 20 –25 questions.

Belay and knots tests – 10% grade component

You will be tested on your use of top-rope belay systems as well as a sampling of the six other knots we will learn. These tests will be pass/fail as is appropriate to the nature of the subject.

Materials and wall access

You have been assessed a fee providing you with full access to the wall and equipment during all open hours for the duration of the course. Make full use of this as it is the surest way to achieving success no matter how you define it. These skills can only be learned through extensive practice, for while you might grasp the concepts, the body takes much time to incorporate them into smooth use. I like to assume that since this is not a required course for anyone, you really have an interest in learning this skill. If this is the case, expecting a high degree of involvement from all of you does not seem unreasonable.

There is not currently a required text for the course, but materials will be made available from time to time and the library of books and magazines at the wall can be a very useful asset. I may also find a recommended text in the course of the program as some students have expressed interest in having such a resource.

Please come to class dressed and prepared for activity, but also ready to take notes as necessary as well. There will not be handouts on most topics, so you will be largely reliant on notes when studying for the written test

Use of letter grades

As we have switched over to the Alpha grading system, you will receive a grade between A+ and F. These will be assigned on the basis of relative standing in the different evaluative elements and will reflect the relevant descriptors (Good, Fair, etc.) as well as a general reference to percentage equivalents. This means that the sum of your percentage marks will determine your placing in the class, but does not in itself determine the letter grade.