

RECM 0071 - ROCK CLIMBING

Catalog Description

Formerly known as PHED 77

Hours: 54 (18 lecture, 36 activity)

Description: Covers various aspects of climbing including: how to use rope systems and other climbing gear safely, how to tie and use various knots, belaying techniques, call signals, balance, climbing techniques, footwork, flexibility, and rappelling. Students should be ambulatory and in good health to complete the required field trips. Entrance and transportation fees may be required. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Explain basic climbing safety techniques and responsibilities.
- CSLO #2: Compare and contrast the various types of knot tying techniques of rock climbing.
- CSLO #3: Differentiate basic rock climbing rating system techniques.
- CSLO #4: Demonstrate fundamental handholds when climbing a steep face wall.
- CSLO #5: Demonstrate proper anchoring techniques.

Effective Term

Fall 2020

Course Type

Credit - Degree-applicable

Contact Hours

54

Outside of Class Hours

54

Total Student Learning Hours

108

Course Objectives

Lecture Objectives:

1. Estimate rock climbing financial responsibilities.
2. Interpret basic climbing safety techniques and responsibilities.
4. Assess fundamental handholds when climbing a steep face wall.
5. Analyze crack climbing skills.
6. Analyze different climbing style types.

Activity Objectives:

1. Differentiate basic rock climbing rating system techniques.
2. Interpret finger crack climbing and fist jamming techniques.
3. Construct proper anchoring techniques.
4. Compare and contrast various types of rock climbing techniques.
5. Apply proper footwork techniques.
6. Examine methods of rigging and rappelling.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Essay Examinations
 - Example: Students will complete an essay exam where they are asked to explain the safety requirements before ascending a two pitch route. Essay will be graded based upon a rubric developed by the instructor and shared with students.
- Objective Examinations
 - Example: Students will complete weekly quizzes requiring them to apply material from lecture and text reading. Example: Does bouldering require the use of ropes and harnesses?
- Skill Demonstrations
 - Example: Students will be tested on safety procedures through demonstration of required skills such as correctly harnessing themselves using appropriate rope tying techniques.

Repeatable

No

Methods of Instruction

- Activity
- Lecture/Discussion

Activity:

1. After instructor demonstration of proper techniques, students will participate in guided practice of various knot tying techniques. Instructor will work with individual students to correct technique as necessary.

Lecture:

1. Instructor will lecture on various climbing techniques and how climbs are rated. Students will identify the application of techniques in various photos and videos.

Typical Out of Class Assignments Reading Assignments

1. Read the chapter on the basic safety for climbers and be prepared to discuss specific safety elements and their significance when rock climbing. 2. Read a chapter on the history of rock climbing and be prepared to discuss the evolution of this sport.

Writing, Problem Solving or Performance

1. Keep a journal making at least two entries per week, documenting thoughts and application of safety principles and rock climbing

techniques. This documentation work will allow students a reference for continued safety and climbing performance. 2. Read and respond to questions posted on the discussion board. Example: Compare and contrast indoor rock climbing verses outdoor rock climbing with regard to safety, equipment, and cost. This will give students a realistic reference about rock climbing safety indoors versus outdoor rock climbing. And give students a range of cost between indoor verses outdoor rock climbing.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- The Complete Rock Climber
 - Author: Malcolm Creasey
 - Publisher: Lorenz Books
 - Publication Date: 2016
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:
- The Mountain Guide Manuel: The Comprehensive Reference - From Belaying to Rope Systems and Self Rescue
 - Author: Marc Chauvin and Rob Coppolillo
 - Publisher: A Falcon Guide
 - Publication Date: 2017
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:
- The Complete Rock Climber
 - Author: Malcolm Creasey
 - Publisher: Anness
 - Publication Date: 2012
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.