

COMM 111
Outline Template

Name:

Topic:

General Purpose:

Specific Purpose:

I. Introduction

- A. Attention-getter
- B. Thesis statement
- C. Preview main points
- D. Establish credibility
- E. Establish rapport with audience/give reason to listen

II. Main Point 1. Use as many main points and sub-points as needed for your particular speech.

Use full sentences for main points.

- A. Sub-point: use key words and phrases (*not* full sentences) for sub-points.
- B. Sub-point
 - 1. Sub-sub-point

Connective: type connectives in full sentences.

III. Main Point 2. Remember to use full sentences for main points.

- A. Sub-point: again, use the number of main points and sub-points as needed by your speech.
- B. Use key words and phrases for sub-points.

Connective: type connectives in full sentences.

III. Conclusion

- A. Signal the ending
- B. Restate thesis
- C. Recapitulate main points
- D. Clincher

Note: All outline drafts must be typed (Times New Roman, 12 pt. font, one-inch margins).

Outline Sample

Name: Eric Hörst

Topic: Conditioning for Climbers

General Purpose: To inform

Specific Purpose: To explain to my classmates how to condition specific muscles for rock climbing.

I. Introduction

- A. Attention getter: Vivid description of Jan Hojer Single Finger Inverted Plank
- B. Thesis: Climbing-specific strength is attainable if you condition your climbing muscles as well as your antagonistic, or pushing, muscles.
- C. Rapport: I know we aren't all rock climbers, but this information is useful for anyone looking to build upper body strength; further, climbing training is pretty fascinating, whether or not you take part in the sport.
- D. Credibility: My interest in this subject was piqued in 2013. I'd been climbing for about six months when I sustained a tricep injury so severe that I couldn't bend my dominant arm for a month. In order to prevent this type of injury from ever recurring, I began researching safe training methods.
- E. Preview: Today, I will discuss general conditioning techniques, climbing-specific conditioning, and injury prevention.

II. Main Point: General muscle conditioning can benefit everyone.

- A. Warming Up
 - 1. Peer testimony: Finger Curls
 - 2. Wrist, Arm, and Neck Circles
 - 3. Physical example.
- B. Aerobic Exercises
 - 1. Circuit Training
 - 2. Hypothetical Narrative: Cross Training

Transition: Now that we've talked about general conditioning, let's take a look at some climbing-specific conditioning exercises you can do.

III. Main Point: The purpose of climbing-specific conditioning is for the climber to attain maximum strength in the muscles used for pulling, as well as in the opposing, or antagonistic muscle groups.

- A. Upper Body Strength
 - 1. Statistic: Weighted Pull Ups,
 - 2. Definition: Uneven Grip Pull Ups
- B. Antagonistic Conditioning
 - 1. Expert testimony: Daniel Woods
 - 2. Reverse Wrist Curls
 - 3. Upper Torso

Transition: Unfortunately, many beginners dive right into these demanding conditioning routines without taking proper injury prevention precautions.

IV. Main Point: Exercising with the specific purpose of preventing climbing-related injuries is essential for longevity in the sport.

A. Nutrition, Recovery, and Injury Prevention

1. Optimal Sports Nutrition
2. Sleep and Recovery
3. Injury Prevention Tips
 - a. Warm-Up and Cool-Down

III. Conclusion

A. Signal the end: Approaching each of these steps methodically and thoughtfully has allowed me to do one-armed chin-ups, something I never imagined I'd be capable of.

What's your goal? A single pull-up or chin-up? A single-finger dead hang?

B. Restate thesis: Regardless of your specific goal, building general upper body strength is a matter of training specific muscles and those antagonistic muscle groups.

C. Restate points: During this presentation, I have discussed general conditioning, climbing-specific conditioning, and injury prevention.

D. Clincher: (Reference introduction.) We may never be able to do a single finger inverted plank, like Jan Hojer, but with some training, we can all become a little more beastly.

Works Cited

Hörst, Eric J. *Conditioning for Climbers: The Complete Exercise Guide*. Helena, MT: Falcon Guides, 2008. Print.

Jan Hojer is a Beastly Single-Finger Plank Man Machine. YouTube. 31 May 2013. Web video. 6 Apr. 2016.