

Las Positas College  
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## Course Outline for KIN RC

### ROCK CLIMBING

Effective: Spring 2015

#### I. CATALOG DESCRIPTION:

KIN RC — ROCK CLIMBING — 1.00 - 2.00 units

Introduction to the components of rock climbing based on the principles of the Climbing Gym Association. Students will be presented instruction on how to maintain and develop the components of fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility and balance through rock climbing.

1.00 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Demonstrate knowledge of safety factors and conduct at the climbing gym;
- B. Plan and participate in a fitness development program to maintain and/or improve personal fitness;
- C. Demonstrate proper care and use of equipment;
- D. Demonstrate proper techniques for lowering a climber;
- E. Recall basic terminology of gym rock climbing;
- F. Recognize inherent risks and dangers;
- G. Apply exercise programs for flexibility, strength, endurance, and cardiovascular development.
- H. Demonstrate awareness of basic understanding of indoor climbing techniques;
- I. Apply safety techniques to exercise

#### V. CONTENT:

- A. Safety factors and conduct at the climbing gym
- B. Care and use of equipment including ropes, harness, and "Gri-Gri" devices
- C. Proper techniques of lowering a climber (belay devices)
- D. Basic terminology of gym rock climbing
- E. Explanation of the inherent risks and dangers of rock climbing
- F. Basic understanding of indoor climbing
- G. Indoor climbing techniques

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- C. Group and team discussions concerning components of rock climbing;
- D. Use of audio visual and intranet educational programs;
- E. Student participation in individual and class workouts;
- F. Individual, small group, and entire class drills and activities to enhance student training and performance;

#### VII. TYPICAL ASSIGNMENTS:

A. Lecture/Demonstration 1. Rock climbing techniques as part of an exercise program. B. The class is divided up into two groups after the belaying techniques and proper use of the safety equipment has been demonstrated and the class practices before anyone climbs on the gym wall C. Class will be tested to see if their endurance has improved (after nine weeks) by the use of a timed speed climbing test to the top of the wall

#### VIII. EVALUATION:

##### A. **Methods**

1. Exams/Tests

2. Class Participation

3. Other:

a. Methods

1. Student participation

a. Participation is evaluated daily

2. Written Exams on safety and climbing nomenclature will be covered in class.

a. What is a safety knot and what is it called?

b. What is a smear and what part of the shoe do you use?

c. Who can you trust and what do you look for prior to starting your ascent?

3. Periodic test to evaluate students improvement in fitness development.

**B. Frequency**

1. Frequency of Evaluation

a. Final Exam

b. Daily evaluation of student's progress and participation

c. Student's self-evaluation.

**IX. TYPICAL TEXTS:**

1. Handouts and websites are presented throughout the course.

**X. OTHER MATERIALS REQUIRED OF STUDENTS:**

A. Students will provide their own clothing and foot apparel for class participation.