

Course Code & No. - Section: PHED 139 - Section 1
Course Title (Credits): Beginning Climbing (1)
Term & Year: Fall / 2015
Course Ref. No. (CRN): 80012

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Office Hours: T 11:00am to 12:00 p.m., and by appointment

Class Meeting Time: Friday's from 9:00am to 12:45 PM on October 2nd, October 16th, October 23rd and November 6th.
Location: TCES Lobby

Prerequisites: Must be able to engage in very physically active sport, be ok with heights, listen to direction, push perceived limits, put group safety always first and have a good time!

Course Description

This course introduces students to the fundamental concepts of climbing in a top-rope setting. The course emphasizes safety and the acquisition of skills to comfortably climb on top-rope and belay other climbers.

Student Outcomes

Upon successful completion of this course, a student should be able to:

1. Feel comfortable climbing on top-rope.
2. Safely belay fellow climbers on top rope.
3. Tie appropriate knots.
4. Move across a rock face efficiently.
5. Identify the various pieces of climbing equipment and how to use the properly.

Methods of Assessing Student Outcomes

Student outcomes will be assessed using the following:

1. Regular attendance and participation to the Friday morning classes.
2. Willingness to both attempt to climb and belay fellow climbers.
3. Attitude.
4. Ability to identify climbing equipment and safely use it.

Instructional Strategies

This class will utilize local climbing areas to learn the basics of climbing and belaying. Safety and proper use of climbing equipment will be stressed along with the importance of setting an SEREN top-rope anchor.

Attendance

In order for students to receive credit for this class they need to attend at least 15 hours of class time.

Class Requirements

Students should show up to the TCES Lobby 5 minutes prior to the class starting time of 9:00 AM, in comfortable clothing, and ready to car-pool to a nearby climbing site.

Grading Policy

Students with a good attitude who attend 15 hours of scheduled class time and participate in both trying to climb, loading /unloading gear, and belaying will receive a passing grade in the class.

Mandatory Special Accommodations (ADA) Statement

“Academic Accommodations: In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, contact the Director of Student Services (Prim Library room 323) at (775) 831-1314 x7534 within the first week of the semester.”

Class 1 – Friday, October 2nd

- Meet in TCES lobby.
- Go over syllabus and explain what students need to bring to class each week (water, closed-toe shoes, sunscreen, wear athletic clothes, no jewelry or long nails, etc.).
- Show location of Gear Room and go over climbing equipment.
- Carpool to High Altitude Fitness climbing gym.
- Explain what gear we use for rock climbing and show examples.
- Fit into harnesses, shoes, and helmets.
- Practice belaying above bouldering cave with back up belayers.
- Climb at gym with back up belayers.
- Explain climbing grades and start coaching about climbing movement.

Class 2 – Friday, October 16th

- Meet by Gear Room, load gear into cars and drive to Trippy Rock.
- On hike in go over climbing crag LNT principles highlighting micro-trash, noise pollution, proper bathroom procedures, and respecting other climbers at site. Don't ruin someone else's "WOW!"
- Designate a "corral" for our group, explain when helmets and climbing shoes need to be worn, and assign three students to keep rope logs for the day.
- Set up Northwest Cracks (2-lines?) and First Dose (5.10b).
- Review belaying with a back-up and climbing movement.
- End session by going over how to pull ropes, stack into rope bags and record use into rope logs.

Class 3 – Friday, October 23rd

- Meet by Gear Room, load gear into cars and drive to Ballbuster Rock.
- Review climbing crag LNT on hike in and assign three students to rope logs/management.
- Designate "corral," and remind again when helmets and shoes should be worn.
- Set up Corner Crack (5.9), Easy Corner (5.8), and Right Corner (5.9).
- Emphasize instruction on crack climbing technique and jamming.
- Have students reply with a backup down slab next to Corner Crack.
- End session by having rope managers pull ropes, stack ropes into bags and record use into rope logs.

Class 4 – Friday, November 6th

- Meet by Gear Room, load gear into cars and drive to Dinosaur Rock.
- Explain how D.R. is a good example of poor climbing crag LNT on hike in and assign three students to rope logs/management.
- Designate "corral," and remind again when helmets and shoes should be worn.
- Set up Evolution Man (5.7), The Left Seam (5.10a), and The Gash (5.7).
- Emphasize instruction on sport climbing technique and movement on steeper rock.
- End session by having rope managers pull ropes, stack ropes into bags and record use into rope logs.