

**Course Code & No. - Section:** PHED 194 - Section 1  
**Course Title (Credits):** Climbing Club Team(1)  
**Term & Year:** Spring / 2016  
**Course Ref. No. (CRN):** 10273

**Instructor:** Will Hoida  
**Phone(s):** x7450 or (775)771-1149  
**Email:** [whoida@sierranevada.edu](mailto:whoida@sierranevada.edu)  
**Office:** Patterson Hall, Room PA 208  
**Office Hours:** By appointment

**Class Meeting Time:** Wednesday's from 7:30 to 9pm starting January 20<sup>th</sup> through March 30<sup>th</sup>, 2016.

**Location:** Patterson Lobby for first class and then High Altitude Fitness Climbing Gym

**Prerequisites:** You must purchase your own HAF pass through the college's SGA for \$80 or directly from the gym which costs \$140 for SNC students for three months if you do not have one yet.

### Course Description

This course is designed for the beginner to intermediate climber who wants work on their skills and train on a weekly basis.

### Student Outcomes

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

1. Improve upon current climbing skills and techniques.
2. Establish a weekly climbing training routine and partners
3. Feel comfortable belaying and spotting other climbers.
4. Identify the various pieces of climbing equipment and how to use them properly.

### Methods of Assessing Student Outcomes

Student outcomes will be assessed using the following:

1. Regular attendance and participation at the weekly training sessions.
2. Willingness to both climb, spot and belay fellow climbers.
3. Attitude.
4. Ability to identify climbing equipment and use it safely.

### Instructional Strategies

This class will utilize the local climbing gym, High Altitude Fitness, to train as a class in both top-roping and bouldering. Correct spotting and proper use on climbing equipment will be stressed, as well as technique and taking proper rest to avoid injury.

### 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 carpool up to High Altitude Fitness 5 minutes prior to the class starting time of 7:30 PM, be dressed in comfortable clothing, and be ready to climb.

### **Grading Policy**

Students with a good attitude who attend 15 hours of scheduled class time and participate in both climbing training 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.”