

Course Code & No. - Section: PHED 194 - Section 1
Course Title (Credits): Climbing Club Team(1)
Term & Year: Spring / 2015
Course Ref. No. (CRN): 10273

Instructor: Will Hoida
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Office: Patterson Hall, Room PA 208
Office Hours: By appointment

Class Meeting Time: Monday's from 7:30 to 9pm starting January 26th through April 6th, 2015.

Location: High Altitude Fitness Climbing Gym

Prerequisites: Must be able to belay, climb at least at the 5.8 or V0 level, be able to push perceived limits, and have a good time to sign up for this course! You must also purchase your own HAF pass which cost \$140 for SNC students for three months if you do not have one yet.

Course Description

This course is designed for the intermediate to advance climber who wants to take their skills and training to the next level. The class will meet on a weekly basis as a team though the beginning of April of the spring semester in preparation to travel and compete in the North California Intercollegiate Climbing Series.

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.
3. Feel comfortable 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 team to compete in the Northern California Colligate Climbing Series. 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.”

NorCal (CA)	Gym Name	Comp Type	City	State
2/14/15	SLO Op	Local	San Luis Obispo	CA
2/21/15	Sonoma State	Local	Rohnert Park	CA
2/28/15	Stanford	Local	Stanford	CA
3/7/15	Sacramento State (The Well)	Local	Sacramento	CA
3/14/15	Far North Climbing	Local	Arcata	CA
3/28/15	BaseCamp	Regionals	Reno	NV