NRM 141 Course Outline as of Fall 2019

CATALOG INFORMATION

Dept and Nbr: NRM 141   Title: INTRO ROCK CLMBNG/RESCUE
Full Title: Introduction to Rock Climbing and Rescue Techniques
Last Reviewed: 4/10/2018

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	1.00	Lab Scheduled	1.00	5	Lab Scheduled	17.50
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00   Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:
Formerly:

Catalog Description:
An introduction to the equipment, methods, and techniques used in contemporary outdoor rock climbing. Instruction includes all aspects of rock climbing, safety and an introduction to rescue techniques. Climbing occurs during field trips at a variety of popular beginning-level outdoor climbing locations in Sonoma County. Recommended for students pursuing a career as a Park Ranger.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: An introduction to the equipment, methods, and techniques used in contemporary outdoor rock climbing. Instruction includes all aspects of rock climbing, safety and an introduction to rescue techniques. Climbing occurs during field trips at a variety of popular beginning-level outdoor climbing locations in Sonoma County. Recommended for students

pursuing a career as a Park Ranger. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit:
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:
CSU Transfer:	Effective:	Inactive:	
UC Transfer:	Effective:	Inactive:	

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Perform safe and proper climbing techniques competently using appropriate climbing equipment.
2. Assess a degree of climbing difficulty and safety aspects of the climb.

Objectives:
At the conclusion of this course, the student should be able to:
1. Demonstrate safe and ecologically sound climbing techniques.
2. Identify climbing equipment and terminology.
3. Competently operate climbing equipment.
4. Organize and assemble gear for a safe climb.
5. Perform proper climbing and belaying techniques.

Topics and Scope:

I. Review of Rock Climbing
   A. Basic terminology, safety equipment, and techniques
   B. Use and techniques of climbing aids
   C. Assessing degree of difficulty of a climb
   D. History of climbing
      1. U.S.A
      2. Elsewhere
II. Climbing Equipment and Terminology
   A. Specific terminology used in specific climbing situations
   B. Description of specific rock climbing equipment and gear

1. Carabiner
2. Belay and rappel devices
3. Ropes
4. Webbing
5. Harnesses
6. Rock climbing shoes
   - C. Identifying safe equipment and techniques for specific situations
   - D. Use of climbing hardware

III. Proper Use of Equipment
   - A. Proper use of complex knots
   - B. Review of proper use of loops
   - C. Making and using advanced anchors
   - D. How to use harness and webbing
   - E. Rescue

IV. Organization and Supply of Gear
   - A. How to adjust for missing equipment
   - B. How to adjust for unforeseen events
   - C. How to organize gear safely
   - D. Intermediate hardware

V. Rock Climbing
   - A. Preparation for proper climbing and review
     1. How to stretch the hands
     2. How to stretch the neck
     3. How to stretch the legs
     4. How to properly and safely prepare the body for rock climbing
   - B. Introduction to traditional climbing techniques
     1. Ascending
     2. Placing protection, e.g., nuts and hexes
     3. Attaching the rope
     4. Feeding rope
     5. Working with a partner
     6. Proper placement of hands and feet
     7. Multi-pitch climbing
   - C. Discussion of other climbing techniques
     1. Sport climbing
     2. Bouldering
     3. Mountaineering
     4. Lead climbing

VI. Introduction to Rescue Techniques

All topics are covered in the lecture and lab portions of the course.

Assignment:

Lecture-Related Assignments:
1. Reading totaling approximately 15 pages per week
2. Final examination covering terminology, equipment, and techniques

Lab-Related Assignments:
1. Field assignments using rock climbing equipment
2. Practice and demonstration of skills and climbing techniques, including 1-2 performance exams

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.	Writing 0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Demonstration of skills, Performance exams, rock climbing techniques, proper equipment use	Skill Demonstrations 50 - 80%

Exams: All forms of formal testing, other than skill performance exams.

Final Exam; Multiple choice, True/false, Matching items, Completion, Short answer	Exams 20 - 50%

Other: Includes any assessment tools that do not logically fit into the above categories.

Participation and attendance	Other Category 0 - 10%

Representative Textbooks and Materials:
Mountaineering: The Freedom of the Hills. 9th ed. Cox, Steven and Fulsaas, Kris. Mountaineer Books. 2017