NRM 141 Course Outline as of Fall 2006

CATALOG INFORMATION

Dept and Nbr: NRM 141 Title: BEG ROCK CLIMBING/SAFETY
Full Title: Beginning Rock Climbing and Climbing Safety
Last Reviewed: 4/10/2018

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	2.00	6	Lecture Scheduled	12.00
Minimum	1.00	Lab Scheduled	5.00	5	Lab Scheduled	30.00
		Contact DHR	0		Contact DHR	0
		Contact Total	7.00		Contact Total	42.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 24.00 Total Student Learning Hours: 66.00

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	22 - 4 Times in any Comb of Levels
Also Listed As:	PHYED 141
Formerly:	

Catalog Description:
An introduction to the equipment, methods, and techniques used in contemporary outdoor rock climbing. Instruction includes all aspects of rock climbing and safety. Climbing occurs at a variety of popular beginning-level outdoor climbing locations in Sonoma County, secured by special use permit.

Prerequisites/Corequisites:

Recommended Preparation:
Good overall physical health is recommended for anyone interested in rock climbing, in order that the student does not endanger his/her health and safety or the health and safety of others.

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 and safety. Climbing occurs at a variety of popular beginning-level outdoor climbing locations in Sonoma County, secured by special use permit. (Grade or P/NP)

Prerequisites/Corequisites:
Recommended: Good overall physical health is recommended for anyone interested in rock climbing, in order that the student does not endanger his/her health and safety or the health and safety of others.
Limits on Enrollment:
Transfer Credit:
Repeatability: 4 Times in any Comb of Levels

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

Outcomes and Objectives:
Upon completion of this course, the student will 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. Introduction to Rock Climbing
  A. Basic terminology, safety equipment, and techniques
  B. Use and techniques of climbing aids
  C. Identifying safe equipment and techniques for specific situations
II. Climbing Equipment and Terminology
  A. Specific terminology used in specific climbing situations
  B. Description of specific rock climbing equipment and gear
    1. Caribiner
    2. Belay and rappel devices
    3. Ropes
    4. Webbing
    5. Harnesses
    6. Rock climbing shoes
  C. Identifying safe equipment and techniques for specific situations
III. Proper Use of Equipment

A. Proper use of knots
B. Proper use of loops
C. Making and using anchors
D. How to use harness and webbing

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

V. Rock Climbing
A. Preparation for proper climbing
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. Tad climbing
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
C. Discussion of other climbing techniques
1. Sport climbing
2. Bouldering
3. Mountaineering

Assignment:

Assignments may include:
1. Reading totaling approximately 15 pages per week.
2. Field assignments using rock climbing equipment.
3. Practice and demonstration of skills and climbing techniques, including 1-2 performance exams.
4. Final examination covering terminology, equipment, and techniques.

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.

Class performances, Performance exams	Skill Demonstrations 50 - 80%

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

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. Cox, Steven M. and Fulsaas, Kris. Mountaineer Books, 2003.