

NRM 141 Course Outline as of Spring 2011**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	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: 33 - 3 Enrollments Total

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 at a variety of popular beginning-level outdoor climbing locations in Sonoma County, secured by special use permit. Recommended for students pursuing a career as a Park Ranger.

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, safety and an introduction to rescue techniques. Climbing occurs at a variety of popular beginning-level

outdoor climbing locations in Sonoma County, secured by special use permit. Recommended for students pursuing a career as a Park Ranger. (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: 3 Enrollments Total

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, students 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.
6. Perform progressively more challenging and difficult climbs with each repeat.

Topics and Scope:

- I. Introduction to Rock Climbing
 - A. Basic terminology, safety equipment, and techniques
 - B. Use and techniques of climbing aids
 - C. Assessing degree of difficulty of a climb
- 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
- 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
- VI. Introduction to rescue techniques
- VII. Challenging climbs for repeating students

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.
- 5. Progressively challenging and higher expectations for repeating students.

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. (a classic in the field)