

**NRM 141 Course Outline as of Fall 2013****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: 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 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: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>		Effective:	Inactive:
<b>UC Transfer:</b>		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. 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
- 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)