

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. 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

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.