

KIN A156: ROCK CLIMBING LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	.5-2 Total Units
Hours	18-72 Total Hours (Lecture Hours 4.5-18; Lab Hours 13.5-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Basic climbing techniques and safety fundamentals prepare the student for participation in rock climbing. Securing the climbing harness properly, properly tying to the harness, proper use of climbing commands, safety falling, and arresting falls will be covered. A fee for use of an off-campus facility will be required. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to improve skills for effective rock climbing.
2. Self-analyze errors in rock climbing and identify methods of adjustment to enhance performance.

Course Objectives

- 1. Demonstrate and perform climbing safety skills.
- 2. Demonstrate and perform fundamental climbing techniques.
- 3. Improve muscular strength and flexibility.
- 4. Improve muscular endurance.
- 5. Develop and improve balance and co-ordination.

Lecture Content

Orientation History and orientation to climbing (sport development)
Mountaineering Traditional and big wall climbing Sport climbing Climbing rating systems Safety and injury prevention Introductory climbs with staff supervision Equipment overview Harnesses Ropes Carabiners

(various) Belay devices (various) Safety skills instruction Securing climbing harness Tying figure-8 knot to harness Climbing commands Belay skills Safety skill review Student proficiency check Practical application Supervised climbing Climbing techniques Fundamental movements Foot movements Inside and outside edges Smearing/friction Hand techniques Crimping Palming Sloper/open handed Undercling and sidepull Other techniques Liebacking Crack climbing Orientation to lead climbing Equipment Lead and belay skills Practical application Orientation to traditional protection equipment Nuts and hexes Camming devices Runners and quickdraws Other

Lab Content

see course content

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lectures, discussions, instructor demonstrations, instructor feedback and evaluation, video analysis, and handouts

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

Personal climbing journals and notes on safety, climbs attempted and made, and personal progress. Written report on a climbing related subject.

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Written exam, personal climbing journal, student progress, participation, demonstrate learned climbing techniques and climbing safety skills

Required Writing, Problem Solving, Skills Demonstration

Personal climbing journals and notes on safety, climbs attempted and made, and personal progress. Written report on a climbing related subject.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. Selected handout materials to be provided and distributed by the instructor.
2. Selected handout materials to be provided and distributed by the instructor.