

UNIVERSITY OF OREGON
Physical Education and Recreation • Outdoor Pursuits Program
PEOL 251 - Rock Climbing 1 Description

Description

This course covers the basics of safe and responsible rock climbing. Topics include equipment, knots, belaying, rappelling, and a range of climbing techniques. Each course meets once a week for the entire term at the indoor rock wall in the Student Recreation Center.

Prerequisites/Corequisites

None

Objectives

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. Upon completion of the course the student should be able to demonstrate:

1. An understanding of the care, strengths and weaknesses of the climbing equipment used in this course.
2. Proficiency in tying into the harness system.
3. Proficiency in conducting a belaying/climbing systems check on a climbing partner prior to the start of a climb.
4. Competence in using brake assisted belays.
5. An understanding of standard climbing signals.
6. An ability to use accepted climbing techniques in the ascent of a top-roped climbing route.
7. Competence in brake-assisted rappels.
8. An ability to assess one's strengths and weaknesses as a beginning rock climber.

Evaluative Criteria

This is a P/NP course. Students enrolled for credit will be assessed a P/NP grade based upon the following criteria: Attendance, competence, participation and knowledge. Specifically, for a passing grade, students must:

1. Miss NO MORE than 2 class sessions, REGARDLESS OF THE REASON FOR ABSENCE. Attendance is MANDATORY at the sessions specified in the syllabus. NO EXCEPTIONS!
2. Demonstrate competence in the following skill components: knot tying, harness fit and adjustment, safety checks and belaying.
3. Show steady improvement in face climbing techniques.
4. Actively participate in the following skill components: climbing and rappelling.
5. Attain a score of 80% or higher on the worksheet. Late submissions will not be accepted. The deadline is specified on the syllabus.

Example Grading Template

	Attend	Competence			Improvement	Active Participation		WorkSheet	Gr
	Absent 2 or less	Knots & Harness	Safety Checks	Belaying	Face Climbing	Climbing	Rappelling	80%+	
Sam	√	√	√	√	√	√	√	√	P
Jill	o	√	√	√	√	√	√	√	NP
Dee	√	√	√	√	√	√	√	o	NP

√ = meets requirement

o = requirement not met