

UNIVERSITY OF OREGON
Outdoor Pursuits Program
PEOL 251 - Rock Climbing 1 Description - summer session

Description

This course covers the basics of safe and responsible rock climbing. Topics include equipment, knots, belaying, rappelling, and a range of climbing techniques. Rock 1 courses are conducted on the indoor rock climbing wall in the student recreation center. Each course meets twice a week for the four-week session (8 sessions total).

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. Competence in using brake assisted belays.
4. An understanding of standard climbing signals.
5. An ability to use accepted climbing techniques in the ascent of a top-roped climbing route.
6. Competence in brake-assisted rappels.
7. 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 ONE class session. 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, & 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			Improve.	Active Participation		WkSht	
	Absent 1 or less	Knots & Harness	Safety Checks	Belaying	Face Climbing	Climbing	Rappelling	80%+	Gr
Sam	√	√	√	√	√	√	√	√	P
Jill	o	√	√	√	√	√	√	√	NP
Dee	√	√	√	√	√	√	√	o	NP

√ = meets requirement

o = requirement not met