

UNIVERSITY OF OREGON • PE & REC • Outdoor Pursuits Program

Rock Climbing 1 Syllabus- _____ Term

Instructor: Office:

Phone: Office Hours:

E-mail:

Web Links: Web links for weekly readings are in italics below. Go to <http://opp.uoregon.edu/climbing/climb.html>

<u>WK</u>	<u>DATE</u>	<u>TOPIC</u>	<u>READINGS, WEBLINKS AND REMINDERS</u>
1	_____	Introduction, Equipment (MANDATORY)	Weblink: <i>stretching</i>
2	_____	Techniques of Movement/Bouldering (MANDATORY)	Weblink: <i>movement principles</i>
		Belaying #1	
3	_____	Belaying #2 and Signals (MANDATORY)	Weblink: <i>Movement - handholds & footholds</i>
4	_____	Face Climbing Techniques and drills (MANDATORY)	Weblink: <i>Dynamic and static climbing</i>
		Using Floor Anchors	
5	_____	Face Climbing Techniques (cont.)	
		Climbing Ratings	
6	_____	Crack Climbing Intro and face climbing drills	Weblink: <i>crack climbing</i>
7	_____	Rappelling (MANDATORY)	Worksheets distributed!
8	_____	Rappelling (cont.)	
9	_____	Climbing and rappelling (cont.)	WORKSHEETS DUE!
10	_____	Course Evaluations/Purchasing Equipment (MANDATORY)	
		Lead Climbing Demonstration/Climbing Resources	

Additional Information

- Valid UO ID is REQUIRED in to access the recreation center. Swipe your card, or provide the front desk staff your ID#.
- Backpacks and other personal belonging must be stored in the s in the cubbies. PE & REC assumes no responsibility for lost or stolen items. Lockers are available for rent. Day-use lockers are available free of charge. Bring our own lock or check one out from Equipment Issue.
- Equipment is provided for the duration of the course. The instructional team will issue shoes, harnesses, chalk bags and belay devices.
- You participate at your own risk. We recommend that you have personal health/accident insurance since you are responsible for your own health care costs. You may be asked to secure a physician's statement clearing you to participate in this class.
- You are required to read and sign a Statement and Assumption of Risk form, a Release, and a Health Information document upon completion of the basic skills test. It is your responsibility to provide your instructor with information regarding injuries, surgeries, medications, or other special considerations which may affect your participation in class.
- General Safety: Students are required to abide by the protocols and policies established for use of this facility. The instructional team will cover these protocols and policies.
- Evaluation: You are expected to complete a course and instructor evaluation at the end of this course.