

UNIVERSITY OF OREGON • PE & REC • Outdoor Pursuits Program

PEOL 252 – Rock Climbing II Description

Description

The focus of this course is on refining the basic climbing skills learned in Rock Climbing I, with an emphasis on improving flexibility, learning about injury prevention and refining face and crack climbing techniques. The course is conducted exclusively at the indoor climbing wall.

Prerequisites/ Corequisites

Rock climbing I or equivalent experience is a prerequisite to participation.

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. Safe stretching techniques for the muscle groups commonly stressed/injured while rock climbing.
2. An understanding of how to prevent and care for injuries commonly incurred while rock climbing (sprains, strains, tendonitis and other joint/muscle injuries).
3. Proper spotting of a bouldering climber.
4. Improvement in face climbing techniques.
5. Improvement in crack climbing techniques.
6. The ability to build a safe anchor for climbing given two bolt placements.
7. An ability to assess one's strengths and weaknesses as a beginning/intermediate gym 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:

Participation, competence and knowledge. 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: use and care of equipment, safety checks, and belaying.
3. Demonstrate improvement in the face climbing techniques.
4. Actively participate in the following skill components: stretching, crack climbing and anchor building.
5. Submit both written assignments complete and on time. 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

	ATTENDANCE	COMPETENCE			IMPROVEMENT		ACTIVE PART.			WKSHEET	
<u>Name</u>	<u>Absent</u> <u>2 or less</u>	<u>Equip</u> <u>Care</u>	<u>Safety</u> <u>Checks</u>	<u>Belaying</u>	<u>Face</u> <u>Climbing</u>	<u>Stretch</u>	<u>Crack</u> <u>Climb</u>	<u>Anchor</u> <u>Building</u>	<u>80%+</u>		
Sam	√	√	√	√	√	√	√	√	√	P	
Jill	o	√	√	√	√	√	√	√	√	NP	
Dee	√	√	√	√	√	√	√	√	o	NP	

√ = meets requirement o = requirement not met