

Rock II Worksheet

Welcome to the official Rock II worksheet. Write neatly/use additional paper/type if necessary/email acceptable. This will be extremely time consuming without visiting the course website. Should you chose the easy road, log on to:
<http://www.opp/climbing/climb.html>

<Late work sheets are problematic; turn your worksheet in on time if you wish to receive a passing grade for the course.>

VOCABULARY

Define the following physiological terms related to climbing:

Power:

Endurance:

Stamina:

Look through the remaining climbing terminology on the website, and list the definition for 3 terms that which are new to you. In addition list a fourth term, of your own creation, and make up a definition.

HEART RATE

Take your resting heart rate for the next week and log it. (Best done right when you wake up).

ANCHOR BUILDING

Outline and explicate the acronym SRENE as is relates to effective anchor construction for top rope use.

S
R
E
N
E

What is the American Triangle? Why should it be avoided?

INJURY PREVENTION

What is the most common debilitating injury associated with sport climbing?

Describe your personal strategy for avoiding athletic injury as a climber.

Rock climbing is a serious undertaking where you may fall and die. Describe your personal strategy for minimizing hazard and risk associated with the sport, so you may—if you wish—enjoy the sport into old age.

Why is rest an important component of any training regime?

What's the difference between a ring grip, open grip, and closed grip? Which imposes the most stress on your hand?