

UNIVERSITY OF OREGON  
Physical Education and Recreation • Outdoor Pursuits Program  
**PEO 242 - Bouldering 1 Syllabus**

**Description**

This course covers the basics of safe and responsible bouldering. Topics include equipment, bouldering techniques, safety procedures, injury prevention, and training for competitive climbing. Each course meets once a week for the entire term at the indoor rock wall in the Student Recreation Center.

**Prerequisites/Corequisites**

None

**Learning Outcomes**

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 safe spotting techniques.
3. An ability to use accepted climbing techniques in the ascent of a boulder problem.
4. An understanding of proper warming up techniques and appropriate stretching for a climbing specific workout.
5. An ability to craft an effective training regime for competitive climbing.
6. An ability to assess one's strengths and weaknesses as a beginning, intermediate, or advanced 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: spotting, injury prevention, and basic climbing movement.
3. Show steady improvement in climbing techniques.
4. Actively participate in the following skill components: climbing and spotting.
5. Attain a score of 80% or higher on the worksheet. The deadline is specified on the syllabus, and late submissions will not be accepted.

**Accessibility Information**

The University of Oregon is working to create inclusive learning environments. If there are aspects of the instruction or design of this course that result in barriers to your participation, please notify me as soon as possible. You are also encouraged to contact the Accessibility Education Center: 164 Oregon Hall, 346-1155, or <mailto:disabsrv@uoregon.edu>

Term Schedule

<u>WK</u>	<u>TOPIC</u>	<u>READINGS, WEBLINKS AND REMINDERS</u>
1	Introduction, Spotting, Stretching (MANDATORY)	Weblink: <a href="#">Stretching, Preventing Injuries, Spotting</a>
2	Footwork	Weblink: <a href="#">Footwork</a>
3	Grip theory, Beg. Body Positioning (MANDATORY)	Weblink: <a href="#">Handholds &amp; Grips</a>
4	Body Positioning, Beg. Movement Principles	Weblink: <a href="#">Body Positioning</a>
5	Movement Principles, Mental Aspects	Weblink: <a href="#">Movement Principles</a>
6	Beg. Technique Drills	
7	Int. Technique Drills, Training for Bouldering	
8	Adv. Technique Drills, Self-Assessment Overview	
9	Problem Solving Review, Final Assessment (MANDATORY)	WORKSHEETS DUE!

Additional Information

1. Valid UO ID is REQUIRED to access the recreation center. Swipe your card, or provide the front desk staff your ID#.
2. Personal belongings must be stored in the designated area. PE & REC assumes no responsibility for lost or stolen items. Lockers are available for rent. Day-use lockers are available free of charge. Bring your own lock or check one out from Equipment Issue.
3. Equipment is provided for the duration of the course. The instructional team will issue shoes.
4. 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.
5. You are required to read and sign a Statement and Assumption of Risk form, a Release, and a Health Information document during the first class session. 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.
6. 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.
7. Evaluation: We request that you complete an online course evaluation at the end of this course.

Instructor Contact Information

Instructor: .....

Office Hours: .....

E-mail: .....

Phone: .....