

UNIVERSITY OF OREGON
Physical Education and Recreation • Outdoor Pursuits Program

PEO 251 - Rock Climbing 1 Syllabus

Description

This course covers the basics of safe and responsible rock climbing. Topics include equipment, knots, belaying, rappelling, and a range of climbing techniques. 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 tying into the harness system.
3. Proficiency in conducting a belaying/climbing systems check on a climbing partner prior to the start of a climb.
4. Competence in using brake assisted belays.
5. An understanding of standard climbing signals.
6. An ability to use accepted climbing techniques in the ascent of a top-roped climbing route.
7. Competence in brake-assisted rappels.
8. 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 2 class sessions, REGARDLESS OF THE REASON FOR ABSENCE. Attendance is MANDATORY at the sessions specified in the syllabus. NO EXCEPTIONS! You must withdraw from the course if illness or injury will cause you to exceed the number of allowed absences. Instructors are not required to arrange 'make-ups'.
2. Demonstrate competence in the following skill components: knot tying, harness fit and adjustment, safety checks and 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.

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 the instructor 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 * = mandatory attendance

Click on a web link to access weekly instructional topics and videos. Download the [WORKSHEET](#) !

<u>WK</u>	<u>TOPIC</u>	<u>READINGS, WEBLINKS AND REMINDERS</u>
*1	Introduction, harnesses and equipment	Weblink: stretching and harnesses
*2	Movement Principles	Weblink: movement principles section 1
	Belaying #1 and Spotting	Weblink: belaying section 1 and 3
*3	Belaying #2 and Signals	Weblink: footwork
*4	Face Climbing Techniques	Weblink: handholds
	Using Floor Anchors	Weblink: belaying section 2
5	Face Climbing Techniques (cont.)	Weblink: : movement principles sections 2 & 3
	Climbing Routes and Ratings	Weblink: climbing signals
6	Crack Climbing Intro and face climbing drills	Weblink: crack climbing
*7	Rappelling	
8	Climbing and rappelling (cont.)	WORKSHEETS DUE!
*9	Course Evaluations/Purchasing Equipment	
	Lead Climbing Demonstration/Climbing Resources	Weblink: climbing gear guide

Additional Information

- Valid UO ID is REQUIRED to access the recreation center. Scan your hand, or provide the front desk staff your ID#.
- Personal belongings must be stored in the designated storage 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.
- 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 course.
- 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.
- 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: We request that you complete an online course evaluation at the end of this course.

Instructor Contact Information

Instructor:

Office Hours:

E-mail:

Phone: