

UNIVERSITY OF OREGON
Physical Education and Recreation • Outdoor Pursuits Program
PEO 252 - Rock Climbing Fitness Syllabus

Description

The focus of this course is on refining the basic climbing skills learned in Rock Climbing I, with an emphasis on improving flexibility, fitness and conditioning. The course is conducted exclusively at the indoor climbing wall.

Prerequisites/Corequisites

PEO 251, Rock climbing I or equivalent experience is a prerequisite to participation.

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. 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! 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: 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.

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 * = mandatory attendance

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

<u>WK</u>	<u>TOPIC</u>	<u>READINGS, WEBLINKS AND REMINDERS</u>
*1	Introduction, Safety checks	Weblink: course syllabus
2	General fitness, balance, cross training	Weblink: stretching, warming up & cooling down
	Preventing injuries, bouldering games	Weblink: preventing injuries
3	Footwork and body position	Weblink: footwork & effective body position
*4	Cyclical training	Weblink: training for climbing
5	Cyclical training drills	
6	Cyclical training (continued)	
7	Anchor principles	Weblink: anchor principles
8	Skill refinement	Worksheet due!
*9	Mini Comp and Course Evaluations	Weblink: climbing gear guide

Additional Information

1. Valid UO ID is REQUIRED to access the recreation center. Scan your hand, or provide the front desk staff your ID#.
2. 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.
3. Equipment is provided for the duration of the course. The instructional team will issue shoes, harnesses, chalk bags and belay devices.
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 course.
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: