

**Rock Climbing Fitness Personal Assessment**  
**Due at 2<sup>nd</sup> Class Session**

Use the back or additional sheets if necessary, write legibly. Bonus points awarded for outstanding introspection, wit, and creativity.

1. Hello, my name is \_\_\_\_\_, and I am taking this class because...
  
2. Describe your experience as climber, including where you learned to climb and places you have climbed outdoors, if any.
  
3. What are your long term goals as climber? Do you aspire to the 24-hour El Cap/Half Dome link up, or are you just trying to fill in a few phys-ed credits prior to graduation.
  
4. Climbing involves aspects of strength, balance, endurance, coordination, and concentration. In what other activities do you participate that develop these skills? (chess, anyone?)
  
5. Take your resting heart rate for the next week and log it. (Best done right when you wake up).
  
6. One way to achieve long-term goals is through a series of short term goals. Develop three distinct goals which you will work on over the next 10 weeks. One goal must directly relate to your weakest link and should include a means of measuring success.  
  
Example: "Right now my upper body strength is really underdeveloped, and I have never done a pull-up; by the end of the term I want to be able to do two pull-ups, and climb to the top of the overhanging wall without falling."
  
7. Outline your strategy for achieving each of your new goals.