

UNIVERSITY OF OREGON • PE & REC • Outdoor Pursuits Program
PEO 242 – Bouldering Worksheet

Name.....

LATE AND UNREADABLE SUBMISSIONS WILL NOT BE ACCEPTED.

1. Identify two benefits of warming up.
 - a)
 - b)
2. During warm up, use _____ stretching and hold your stretches for at least ____ seconds.
3. For cool down and to improve flexibility, use _____ stretching and hold the stretches for at least ____ seconds.
4. List three footwork techniques/concepts that will improve climbing technique and efficiency.
 - a)
 - b)
 - c)
5. Identify the three fundamentals of effective body positioning:
 - a)
 - b)
 - c)
6. Distinguish between static and dynamic climbing.
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7. The two main benefits of dynamic climbing are:
 - a)
 - b)
8. What term refers to the relative ease of maintaining contact with a hold?
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9. Which climbing grip:
 - Produces the greatest strain on your fingers:
 - Requires the thumb pressing in opposition to the fingers:
 - Is performed by wrapping your thumb over your index finger:
 - Is used on rounded holds that do not have defined edges (e.g. the big holds on our wall):
 - Involves folding your wrist over a large hold:

