

UNIVERSITY OF OREGON • PE & REC • Outdoor Pursuits Program
PEO 252 - Rock Climbing Fitness Worksheet

Name

The enjoyment and safety of rock climbing depends largely upon your ability to care for and properly use your equipment, your understanding of basic safety, your fitness level, and your ability to execute climbing techniques. This worksheet contains questions related to these categories and *must be completed in its entirety for a passing grade*. Questions are based on class sessions and readings available on the course web site. Be attentive to detail and precise with your answers. Print neatly. *This worksheet is due by the date specified on the course schedule.*

LATE AND UNREADABLE SUBMISSIONS WILL NOT BE ACCEPTED.

1. Define the following climbing fitness terms:

Power:
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Endurance:
.....

Stamina:
.....

2. Select (from the OPP climbing page) AND define three additional climbing terms that are new to you:

_____:
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_____:
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_____:
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3. Take your RESTING HEART RATE for the next week and enter the results below (best done when you wake up):

Mon: Tues: Wed:..... Thur: Fri: Sat: Sun:

4. What does your heart rate tell you about your cardiovascular fitness?

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5. How can a healthy cardiovascular system benefit your climbing?"

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6. List AND explain each of the elements in the acronym SRENE:

- S _____:
- R _____:
- E _____:
- NE _____:

7. What is the 'American Triangle'? Why should it be avoided as an anchor building technique?

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8. What is the most common debilitating injury associated with sport climbing?

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9. Describe your personal approach/strategy for avoiding athletic injury as a climber.

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10. Describe the benefits of 'rest' when engaging in a training regime.

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11. Discuss your strengths and opportunities for improvement as a climber. Use the space below to present a complete answer.

STRENGTHS:

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OPPORTUNITIES FOR IMPROVEMENT:

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