



# Physical Education Health and Recreation Department Syllabus

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**Course Name:** Intro to Rock Climbing 1 PE 1527 1 Credit  
**CRN: 45918** 12:00 pm to 1:50 pm Wed Aug 21 through end of semester  
**CRN: 45919** 2:00 PM to 5:50 PM Wed Aug 21 through Sep 25 (block 1)  
**Semester/Year:** Fall 2013

**Location:** Room 206 Old Gymnasium, Climbing Areas, Meet at ORAC  
**Instructor:** Jared McBride  
**DSU Email:** [mcbride@dixie.edu](mailto:mcbride@dixie.edu)  
**Email Address:** [jradmcbride@gmail.com](mailto:jradmcbride@gmail.com)  
**Office Phone:** 652-7986 (Department Secretary)  
**Office Location:** ORAC  
**Office Hours:** By Appointment Only

**Prerequisites:** NONE  
**Lab fees:** \$30 fee

## Course Description from Catalog:

Activity course is designed for all students, presenting introductory information on safety, equipment and its maintenance, and climbing technique, including rappelling, belaying, and sport climbing. Climbs will be conducted on and off campus at local venues. Course fee required.

## Department Objectives:

All PEHR courses have the following learning outcomes:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

**Course Objectives:** Beginning rock-climbing emphasizes safe and responsible participation in setting up a top rope climb, climbing, and belaying. 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 basic climbing knots.
3. Competence in using brake assisted belays. (ATC's)
4. Correct use of climbing calls.
5. An ability to use accepted climbing techniques in the ascent of a top-roped climbing route.
6. An ability to assess one's strengths and weaknesses as a beginning rock climber.

**Course Information:** The majority of the class will be spent outside at various local climbing areas. The temperature varies from 110 to low 60's throughout the semester. Dress appropriately for climbing and hiking and weather conditions. Sometimes the approach to the climbing area may be up to half a mile. Make sure you bring a hat, sunblock, water, and snacks (and possibly a jacket or sweatshirt).

Climbing shoes & harnesses are provided, but you are free to use your own after they are approved for safety.

- \* **We meet Every Wednesday during assigned time.**
- \* **Always have your student ID (Needed to get into Gym)**
- \* **Always meet at ORAC for roll call.**

**Course Assignments and Assessments:**

**Attendance:** Roll will be called at ORAC and we leave for destination within 5 minutes. For every day you miss your grade will drop significantly. Attendance is approximately 2/3rds your grade.

**Skill Tests:** There will be 4 practical Skill Tests.

**Lab:** (Climbing Wall & Local Climbing Areas)

Demonstrate competence in the following skill components:  
knot tying, harness fit and adjustment, safety checks, climbing & belaying.

<b>Section 1:</b>	<b>Attendance</b>	25 points	400 points
	<b>Skill Tests</b>	4 @ 50 points	200 points
	<b>Total</b>		<b>600 points</b>

<b>Section 2:</b>	<b>Attendance</b>	70 points	420 points
	<b>Skill Tests</b>	4 @ 50 points	200 points
	<b>Total</b>		<b>620 points</b>

(\* These totals are subject to change)

**Grading Scale:**

**A 500- 620 points**

**B 440 -499**

**C 380- 449**

**D 320- 399**

**F 349 and under**

**Course Outline: Section 1 All Semester (Wed 12:00 to 1:50 PM)**

<b>Wed 12-1:50</b>	<b>Day of Class</b>	<b>Discussion Topic</b>	<b>Location</b>
8.21	1	INTRODUCTION SYLLABUS GRADE	Old Gym
8.28	2	Belaying and Safety	Old Gym
9.4	3	Intro to Cragging, outdoor safety	Black Rocks
9.11	4	Locomotion-hands hold, feet move, straight arms	G.V. Gap
9.18	5	Footwork & Over-gripping	Shot Gun Alley
9.25	6	Intro to bouldering	Dixie Rock
10.2	7	Technique Climbing	Old Gym
10.9	8	Strategy	Black Rocks
10.16	9	Rig your own Route	G.V. Gap
10.23	10	Visualization	Mo's Valley
10.30	11	Relaxation	Dixie Rock
11.6	12	SWOT Analysis, Back Stepping	Airport Boulders
11.13	13	Day at the Crag, Choose, rig and Climb	Black Rocks
11.20	14	Training and Games	Old Gym
11.28	15	HOLIDAY- NO CLASS	
12.4	16	Skill Practice	Mo's Valley

**Course Outline: Section 2 Block 1 (Wed 2:00 to 5:50 PM)**

<b>Wed 2- 5:50</b>	<b>Day of Class</b>	<b>Discussion Topic</b>	<b>Location</b>
8.21	1	INTRODUCTION SYLLABUS GRADE	Old Gym
8.28	2	Intro to Cragging, outdoor safety	Black Rocks
9.4	3	Locomotion-hands hold, feet move, straight arms	Black Rocks
9.11	4	Footwork & Over-gripping	G.V. Gap
9.18	5	Skill Practice	Shot Gun Alley
9.25	6	Intro to bouldering	Dixie Rock

## **Important Semester Dates:**

### **2013 Fall Semester**

- Aug 19 Classwork Starts
- Aug 22 Last Day to Waitlist
- Aug 23 Last Day to Add Without Signature
- Aug 28 Drop/Audit Fee Begins (\$10 per class)
- Sep 2 Labor Day
- Sep 3 \$50 Late Registration/Payment Fee
- Sep 9 Pell Grant Census
- Sep 9 Last Day for Refund
- Sep 9 Last Day to drop without receiving a "W" grade
- Sep 10 Courses dropped for non-payment
- Sep 13 Last Day to Add/Audit
- Oct 9 Mid-Term Grades Due
- Oct 10-11 Semester Break
- Oct 14 Last Day to Drop Individual Class
- Oct 21 Spring and Summer 2014 class schedules available online
- Nov 8 Last Day for Complete Withdrawal
- Nov 11 Spring Registration open to Seniors (90+ credits)
- Nov 12 Career Day
- Nov 12 Spring Registration open to Juniors (60+ credits)
- Nov 13 Spring Registration open to Sophomores (30+ credits)
- Nov 14 Spring Registration Open to All Students
- Nov 27-29 Thanksgiving Break
- Dec 6 Classwork Ends
- Dec 9-13 Final Exams

## Important Links:

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

## Policies and Statements

- Disability Statement:  
If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516 M.
- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:  
You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit [go.dixie.edu/dmail](http://go.dixie.edu/dmail). If you do not know your Dmail username or you have forgotten your PIN, visit [go.dixie.edu/mydixie](http://go.dixie.edu/mydixie) and follow the respective instructions.