



**SECTION 1 Wednesday 12:00- 1:50 PM 25183 25183 - PEHR 1527 - 01**

Date	Day of Class	Discussion Topic	Location
1.9.2013	1	INTRODUCTION SYLLABUS GRADE	Old Gym
1.16.2013	2	"Crag ready" 8, harness, belay	Old Gym
1.23.2013	3	Intro to Cragging, outdoor safety	Black Rocks
1.30.2013	4	Locomotion-hands hold, feet move, straight arms	Black Rocks
2.6.2013	5	Footwork & Over-gripping	Green Valley Gap
2.13.2013	6	Rigging & Rappelling	Cougar Cliffs
2.20.2013	7	Skill Practice	Old Gym
2.27.2013	8	Strategy	Black Rocks
3.6.2013	9	Rig your own Route	Green Valley Gap
3.13.2013	10	Spring Break	
3.20.2013	11	Rapping & Rigging/ Bouldering intro, Vs, Spotting	Dixie Rock
3.27.2013	12	Visualization	Mo's Valley
4.3.2013	13	Relaxation	Airport Boulders
4.10.2013	14	"Day @ the Crag" Choose, Rig, & Climb	Shotgun Alley
4.17.2013	15	Review Top Rope Climbing	Green Valley Gap
4.24.2013	16	Continuing Improvement, SWOT analysis	Mo's Valley

(Location and Topic subject to change due to weather)

**Dress:**

The majority of the class will be spent outside at various local climbing areas. The temperature varies 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.

**ID:**

**Must have student ID with you to access the climbing wall and enter the gym/classroom location.**

# Spring 2013 PEHR 1527--- Beginner Rock-Climbing

## GRADING

### Grading Section 1 Wed NOON:

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

### Grading Section 2 WED 2 PM

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

(\* These totals are subject to change)

### FCS/PEHR Grading Scale:

- A 500- 610 points
- B 450 -499
- C 400- 449
- D 350- 399
- F 349 and under

### 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 given approximately every two weeks. If you are absent there is no make up for practical exams. (Note: Almost every week in the block class)

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

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

## **Department Objectives:**

All PEHR courses have the following objectives:

- 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 and understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

**\*\* In compliance with Dixie State College policy, only students registered for the course may participate.** Please do not ask to bring an unregistered friend or spouse on any of the class activities. No exceptions will be made. Firearms, fireworks, pets, electronic devices (e.g., radios, CD players) are also prohibited.

## **Course Information:**

If you are a student with medical, psychological, or learning disability or think you might have a disability and would like accommodations, contact the Disability Resource Center (652-7516) in the Student Services Center. The Disability Resource Center will determine eligibility of the student requesting special services and determine the appropriate accommodations related to the individual's disability.

## **Student Support Services**

Drop in tutoring is a service provided all registered Dixie State College students and is available for all subjects. Students can take advantage by accessing: <http://dsc.edu/tutoring/index.htm>

The Writing Center in the Browning Learning Center, Room 105  
Online Writing Lab at <http://dsc.dixie.edu/owl>

Help from a librarian:

<http://library.dixie.edu/> or visit the Val A. Browning Library in person during regular hours.

The Testing Center's hours of operation are posted online at  
<http://dsc.dixie.edu/testingcenter/officehours.htm>

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Proper documentation of a disability is required in order to receive services or accommodation. Any student eligible for and requesting reasonable academic accommodations due to a disability must provide a letter of accommodation to their professor from the Disability Resource Center on within the first two weeks of the beginning of classes. Please contact the Center on the main campus to follow through with the documentation process. We are located in the Student Services Center Room #201, or you may call for an appointment and further information regarding the Americans with Disabilities Act (ADA) at 652-7516.

*"If you are a student with a medical, psychological or a learning difference and requesting reasonable academic accommodations due to this disability, you must provide an official request of accommodation to your Professor(s) from the Disability Resource Center within the first two weeks of the beginning of classes. Students are to contact the Center on the main campus to follow through with, and receive assistance in the documentation process to determine the appropriate accommodations related to their disability. You may call (435) 652-7516 for an appointment and further information regarding the Americans with Disabilities Act (ADA) of 1990 per Section 504 of the Rehabilitation Act of 1973."*

### **Rebelmail:**

Important class and college information will be sent to your Rebelmail email account. This information includes you DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in this class and at DSC. All DSC students are automatically assigned a Rebelmail email account. If you don't know your name and password, go to [www.dixie.edu](http://www.dixie.edu) and select "Rebelmail" for complete instructions. You will be held responsible for information sent to your Rebelmail email, so please check it often.

### **Academic Integrity:**

Failure to comply with academic integrity, honesty, and behavior standards may result in course failure or administrative withdrawal from the class. **Don't Cheat!**

**COLLEGE WITHDRAWAL POLICY** if you must withdraw from this class, for any reason, it is **"Your Responsibility"** to do this officially by completing paperwork at the registrar's office. This must be done before the drop deadline of for complete withdrawal. If you fail to do this, **You Will** still receive a grade in this class, **regardless of whether you attended or not.**