



Physical Education Health and Recreation Department Syllabus

Course Name: Intermediate Rock Climbing 2 PE 1528 1 Credit
Sec 1b CRN: 47098 2:00 PM to 4:50 PM Wed Oct 2 to Dec 13 (block 2)
Semester/Year: Fall 2013

Location: Room 206 Old Gymnasium, Climbing Areas, Meet at ORAC
Instructor: Jared McBride
DSU Email: mcbride@dixie.edu
Email Address: 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 for students interested in intermediate rock climbing. Includes safety, equipment and its maintenance, and climbing techniques, including rappelling, belaying, and sport climbing. Climbs will be conducted on and off campus at local venues. Course fee required.

Prerequisite: PEHR 1527

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:

Upon completion of the course the student should be able to demonstrate:

1. Basic Rock Climbing Skills: knot tying, harness fit and adjustment, safety checks, climbing & belaying.
2. Top Rope: Setting Reliable Top Rope Anchors
3. Bouldering: Spotting & Techniques

Course Information:

“Rock Climbing II” will allow students the opportunity to advance their mastery of basic rock climbing skills and learn intermediate techniques necessary to climb more difficult or intermediate rock climbing routes (5.7 to 5.10). Students will learn how to safely set anchors for top-rope. In addition, they will be introduced to skills necessary to learn and practice lead climbing, all in a safe environment. The students will also be introduced to different rock climbing training programs designed to increase strength and climbing ability. Students will be given the opportunity to climb in locations where there are more difficult routes to practice their new skills and techniques. Students will be given the opportunity to learn and practice these techniques in a variety of locations and under variable weather conditions.

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 3 practical Skill Tests.

Project: Personal responsibility Contract w/ 3 paragraph essay

Lab: (Climbing Wall & Local Climbing Areas)

Demonstrate competence in the following skill components:

- 1) Basics: knot tying, harness fit and adjustment, safety checks, climbing & belaying.
- 2) Top Rope: Setting Reliable Top Rope Anchors
- 3) Bouldering: Spotting & Technique

Section 1:	Attendance	40 points	360 points
	Project	100 points	100 points
	Skill Tests	3 @ 50 points	150 points
			Total Points 610

(* These totals are subject to change)

Grading Scale:

A 500- 610 points

B 440 -499

C 380- 449

D 320- 399

F 349 and under

Course Outline: Section 1 Block 2 (Wed 2:00 to 4:50 PM)

Wed 2-4:50	Day of Class		
10.2	1	Intro and review basic skills	Old Gym
10.9	2	Top Rope Out Door Climbing Assessment	Black Rocks
10.16	3	Top Rope Intermediate Footwork	G.V. Gap
10.23	4	Intermediate boulder Safety	Mo's Valley
10.30	5	Proper Grip and Pump Clock	Dixie Rock
11.6	6	Dynamic Movement	Airport Boulders
11.13	7	Day at the Crag ReAssessment	Black Rocks
11.20	8	Self Rescue	Old Gym
11.28	9	HOLIDAY- NO CLASS	
12.4	10	Skill Practice	Mo's Valley

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. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.