

Spring 2013 PEHR 1528 Rock-Climbing II

Instructor: McBride, Jared

Office: ORAC

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Class Room: Room 206, Old Gymnasium

Office Phone: 652-7986

Pre-Requisite: Rock Climbing 1 (or Intro to Rock Climbing)

Credit Hours: 1

Section 1 (26267): Wednesday, 2 PM-4:50 PM (Feb 19- End of Semester)

Course Description: “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 be will given the opportunity to learn and practice these techniques in a variety of locations and under variable weather conditions.

Student 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

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.

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Class Schedule (Location and Topic subject to change due to weather)

THURSDAY 3PM	Class	Discussion Topic	Location
2.20.2013	1	Introduction Top Rope Review and Pass off Basics	Old Gym
2.27.2013	2	Top Rope Out Door Climbing Assesment	Black Rocks
3.6.2013	3	Top Rope Intermediate Footwork	Green Valley Gap
3.13.2013	4	Spring Break	
3.20.2013	5	Intermediate Bouldering Safety	Dixie Rock
3.27.2013	6	Proper Grip and pump Clock	Mo's Valley
4.3.2013	7	Strength Training &/or Dynamic Movement	Airport Boulders
4.10.2013	8	"Day @ the Crags" Rig, & Climb & Self Rescue	Shotgun Alley
4.17.2013	9	Re- Assessment	Green Valley Gap
4.24.2013	10	Continuing Improvement, SWOT analysis	Moes Valley

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 a majority your grade. Students will log daily climbing activities and techniques.

Skill Tests:

There will be 3 practical Skill Tests given approximately every few weeks. If you are absent there is no make up for practical exams.

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

Grading Section

Attendance	50 points	450 points
Skill Tests	3 @ 50 points	150 points
Total		600 points

(* These totals are subject to change)

FCS/PEHR Grading Scale:

A 500- 610 points C 400- 449 F 349 and under

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B 450 -499

D 350- 399

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.

Student Support Services

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.

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>

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

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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 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.**