I. **OVERVIEW**

The following information will appear in the 2009 - 2010 catalog

PEC-137  *Indoor Rock Climbing*  1 Unit

Indoor rock climbing class covering climbing techniques, safety equipment, and basic safety skills used by climbers and belayers. Classes will be held at StoneHedge Climbing Gym of Modesto. NOTE: There are additional fees associated with this course. Course is repeatable - four completions allowed. Field trips might be required. Course is not applicable to the associate degree.

II. **LEARNING CONTEXT**

Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. **COURSE CONTENT**

1. **Required Content:**

2. **Required Lab Content:**

Lab content will include:

   a. Necessary equipment and attire for safe climbing.

   b. Proper use, care, and storage of safety and belay equipment.

   c. Numbering system used for rating a climbing route's difficulty.

   d. Climbing techniques for navigating walls, cracks and chimneys.

   e. How to choose and setup a reliable belay point.

   f. Common knots used for climbing and belaying.

   g. Safety issues concerning choice of climbing location and climbing party.

   h. Safety issues concerning rock type, terrain and belay points.

   i. Simple steps to prepare for and prevent climbing accidents.

   j. Safety procedures in the event of an climbing accident.

B. **HOURS AND UNITS**

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C. METHODS OF INSTRUCTION (TYPICAL)
   Instructors of the course might conduct the course using the following method:
   1. Lecture.
   2. Demonstration of skills.
   3. Rehearsal of skills.
   4. Discussion.

D. ASSIGNMENTS (TYPICAL)
   1. EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS
      Time spent on coursework in addition to hours of instruction (lecture hours)
      'Lab only - no outside-of-class hours required.'
   2. EVIDENCE OF CRITICAL THINKING
      Assignments require the appropriate level of critical thinking
      Students will be expected to participate in class activities, review class handouts and demonstrate
      their mastery of safety equipment, and basic knots used in climbing and belaying.
      Students will be required to think creatively to overcome obstacles when challenged by difficult
      sections of climbing routes.
      Essay Question: Your climbing partner sees a 20 foot rock face that looks fun but not too difficult.
      You suggest setting up a belay but they decline stating "It's easy. A belay will take too long and I'm
      not going to fall off of that. Don't worry about it".
      1. What should you do?
      2. Why?
      Essay Question: After spending most of the morning selecting a climbing route, belay point and
      setting up all the gear, you find a small tear in the outer sheath of your only climbing rope. After
      inspection there appears to be no damage underneath the tear to the inner core which provides
      most of the ropes strength.
      Explain the rational for each of your answers.
      1. Should you continue your climb being extra cautious or call off the climb?
      2. Is the rope safe to use?

E. TEXTS AND OTHER READINGS (TYPICAL)
   1. Other: Handouts prepared by instructor.

III. DESIRED LEARNING
   A. COURSE GOAL
      As a result of satisfactory completion of this course, the student should be prepared to:
      Demonstrate proper use of safety equipment, climbing techniques, various knots commonly used in
      climbing, basic commands, and necessary safety skills used by climbers and belayers.
   B. STUDENT LEARNING GOALS
Mastery of the following learning goals will enable the student to achieve the overall course goal.

1. **Required Learning Goals**  
   Upon satisfactory completion of this course, the student will be able to:

2. **Lab Learning Goals**  
   Upon satisfactory completion of the lab portion of this course, the student will be able to:
   
   - a. Demonstrate proper use, care, and storage of climbing ropes and safety equipment.
   - b. Demonstrate proper set up of a top rope belay.
   - c. Demonstrate the ability to tie and explain the use of various knots commonly used in climbing.
   - d. Demonstrate safe and proper climbing techniques, including proper commands used between climber and belayer.
   - e. Explain safety issues concerning choice of climbing location, rock type, terrain, route and belay points.
   - f. Evaluate personal abilities and choose appropriate climbing routes based on skill level.

IV. **METHODS OF ASSESSMENT (TYPICAL)**