

# UNL OUTDOOR ADVENTURES

## ODED 103A Indoor Rock Climbing 951

### Syllabus

#### Course Information

University of Nebraska – Lincoln

Outdoor Adventures

<b>Class Name</b>	ODED 103A Indoor Rock Climbing
<b>Credit Hours</b>	0-1 (pass/no pass)
<b>Semester</b>	Spring 2013
<b>Classroom Location</b>	UNL Indoor Climbing Wall
<b>Course Dates</b>	Wednesdays; 1/16 – 2/13
<b>Course Meeting Times</b>	1:00-2:15p
<b>Field Experience Dates</b>	February 23 <sup>rd</sup> , 2013
<b>Text</b>	<i>ROCK CLIMBING: Mastering Basic Skills</i> by Craig Luebben

#### Instructor Information

Instructor Name	Email	Office Phone	Office Hours
TBA			By appointment
TBA			By appointment
TBA			By appointment

#### Goals

The goal of this introductory course is to build a basic foundation for rock climbing which will allow the student to climb indoors comfortably and effectively.

#### Objectives

Upon completion of this class, each participant should be able to:

- Demonstrate the ability to tie appropriate knots for various climbing situations such as but not limited to: tying a climber into a rope, and attaching two ropes together.
- Describe and demonstrate proper use of equipment related to climbing.
- Demonstrate basic knowledge of safety principles necessary to climbing effectively.

#### Teaching Method

The course work for this class is largely experiential by nature. This means that there will be many activities, group discussions, and practical applications.

#### Assessment & Evaluation

This course is graded on a pass/no pass scale with a total of 100 points (the climbing journal and the Flatland Climbing Competition). It is an activity class and therefore it is essential that you attend class and participate. In order to receive a passing grade, the student must attend all classes. While we understand that this may be difficult in some cases, if the student has previous knowledge of a conflict, they must find an instructor beforehand and make aware to them of their absence. If instructors are notified after an absence, you may not pass.

#### Flatland Climbing Competition (50 points)

The mandatory field experience will be held at the annual Flatland Climbing Competition which takes place at the UNL Indoor Climbing Wall. You will be able to compete in the Beginner, Intermediate, or Advanced divisions. Registration Fees and a competition t-shirt is covered in the fee for this course. Although this is a climbing competition, you may make this field experience as casual or as competitive as you want. What is important is that you participate and give your best effort! You must document climbing a minimum of **4 different routes** on your competition scorecard to receive a passing score in this category.

**Climbing Journal (50 points)** – Due exactly one week after the last class

Develop and use a personal Climbing Log/Journal to track your progress. Be creative in your Climbing Log creation, this is a reflection of your individual personality – so have fun with it. The Log must contain the following: **Route Name (or part of wall climbed), Date, Number of Attempts, time on route, guide rating**, your rating or grade of the route, and any descriptive information that would be helpful in tracking your individual progress. Those items above that are in **bold** face, are the minimum requirements for a pass. Each documented climb is worth **2.5 points** up to a maximum of 50 points (20 entries). **Climbing Journals must be submitted to your instructors electronically via SafeAssign Assignment on Blackboard. Please use PDF or MS Word Document formats.**

*During this class and field experience the following items/activities are not allowed: drug use, alcoholic beverages, and dangerous weapons (as defined by the University's Student Code of Conduct).*

### Tentative Course Schedule

Date	Topics	Readings Due/Assignments Due
1/16/2013	Introductions & Ice Breakers Syllabus Overview Top Rope Class Instruction <ul style="list-style-type: none"> <li>▪ Wall Policies and Procedures</li> <li>▪ Harnesses, knots, belaying, communication</li> <li>▪ <b>Sign Waivers/Health Statements</b></li> <li>▪ Written Test – <b>Homework</b></li> </ul>	Chapter 3 – Climbing Gear Chapter 4 – Knots
1/23/2013	Games & Stretch Top Rope Class Instruction Continued <ul style="list-style-type: none"> <li>▪ Demo of climber/belayer</li> <li>▪ Skill Practice at the wall</li> </ul> Climbing & Climbing Games! Top Rope Skills Test – <b>Homework</b>	<b>Written Test Due</b> Chapter 6 – Belaying
1/30/2013	Games & Stretch Climbing Ratings/Grades Overview Climbing & Climbing Games	<b>Top Rope Skills Tests Due</b> Appendix A
2/6/2013	Games & Stretch Competition Overview & Registration Climbing Movement I Demonstration Climbing & Climbing Games!	Chapter 12 – Bouldering
2/13/2013	Games & Stretch Climbing Movement II Demonstration Climbing & Climbing Games	Chapter 13 – Training
2/20/2013	No Class	<b>Projects Due</b>

**Tentative Field Experience Itinerary** – see the Flatland Climbing Competition Rules & Details for more detailed information

Date	Itinerary & Instructional Topics	Pre-Field Experience Reading Assignments
2/23/2013	TBA – Climber check-in begins TBA – Flatland Climbing Competition begins	Bring journals to take notes