

UNL OUTDOOR ADVENTURES

ODED 113A Outdoor Rock Climbing 951

Syllabus

Course Information

University of Nebraska – Lincoln

Outdoor Adventures

Class Name	ODED 113A Outdoor Rock Climbing
Credit Hours	0-1 (pass/no pass)
Semester	Spring 2013
Classroom Location	UNL Indoor Climbing Wall
Course Dates	Tuesdays and Thursdays; 4/9 – 4/25
Course Meeting Times	8:00-9:15a
Field Experience Dates	4/26 – 4/28
Text	<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 provide a basic foundation for rock climbing which will allow the student to climb indoors comfortably and effectively while building the basic skills required to climb effectively outside with minimum environmental impact.

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 and choice of equipment related to climbing.
- Demonstrate basic knowledge of safety principles necessary to minimize risk while climbing.

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 field experience and the climbing journal). 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.

Field Experience (50 points) – April 26th – 28th, 2013

The field experience will be held at Blue Mounds State Park in Minnesota. You will have two days of outdoor rock climbing! Full points will be awarded for individuals who give 100% effort in all activities, demonstrate preparedness, act as a safe, positive member of this trip, create healthy meals in appropriate portions, and uphold leave no trace guidelines. Transportation to and from Blue Mounds State Park will be provided by Outdoor Adventures in University vehicles.

Climbing Journal (50 points) – Due exactly a 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
4/11/2013	Introductions & Ice Breakers Syllabus Overview Top Rope Class Instruction <ul style="list-style-type: none"> ▪ Wall Policies and Procedures ▪ Harnesses, knots, belaying, communication ▪ Sign Waivers/Health Statements ▪ Written Test – Homework 	Chapter 3 – Climbing Gear Chapter 4 – Knots
4/16/2013	Games & Stretch Top Rope Class Instruction Continued <ul style="list-style-type: none"> ▪ Demo of climber/belayer ▪ Skill Practice at the wall Climbing & Climbing Games! Top Rope Skills Test – Homework	Written Test Due Chapter 6 – Belaying
4/18/2013	Games & Stretch Climbing Ratings/Grades Overview Climbing & Climbing Games	Top Rope Skills Check Due Appendix A
4/23/2013	Games & Stretch Climbing Movement I Demonstration Climbing & Climbing Games!	Chapter 12 – Bouldering
4/25/2013	Games & Stretch Climbing Movement II Demonstration Climbing & Climbing Games!	Chapter 13 – Training
5/2/2013	No Class	Projects Due

Tentative Field Experience Itinerary – see pre-trip information packet for more detailed information

Date	Itinerary & Instructional Topics	Pre-Field Experience Reading Assignments
4/26/2013	Depart from Outdoor Adventures for Blue Mounds State Park, MN	Bring your journal to take notes
4/27/2013	Breakfast Base Managed Top Rope Site Management Issues Climbing! Lunch! Climbing! Dinner!	
4/28/2013	Breakfast Climbing! Lunch! Climbing! Return to Lincoln, NE	