

Common Course Outline for: EXSC 1151 Rock Climbing

A. Course Description

1. Number of credits: 2
2. Lecture hours per week: 2 hours
Lab hours per week: None
3. Prerequisites: None
4. Co-requisites: None
5. MnTC Goals: None

Climbing equipment, types of climbs, terminology; knots, anchors, belaying; free climbing; aid climbing; rappelling. Individuals will assess their abilities and limitations as they relate to climbing activities. Strong emphasis on safety. Appropriate for beginners as well as experienced climbers. Additional fee for this course.

B. Date last revised: January 2019

C. Outline of Major Content Areas

1. Equipment: Ropes, Carabiners, Harnesses, Webbing, Belay Devices, Rappelling Devices
2. Terminology and Types of Climbing
3. Knots: Figure-of-Eight Follow-through, Overhand, Grapevine, Fisherman's, Ring Bend, Bowline, Prussik, Clove Hitch, Tie-off
4. Belaying Technique
5. Climbing and Rappelling Signals
6. Rappelling Technique
7. Direct Aid Climbing
8. Sport vs Traditional Climbing
9. Ethical Considerations

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Identify and define the various types of climbing and selected climbing terms.
2. Select equipment appropriate to a given climbing situation and demonstrate proper care and use of equipment.
3. Correctly tie selected climbing knots.
4. Demonstrate basic climbing techniques, including hand and foot holds, and body position.
5. Demonstrate correct belaying technique and use of signals.
6. Evaluate climbing situations and apply learned information to set up a secure belay system.
7. Assess climbs and choose their routes based on the information available to them.
8. Formulate possible solutions to climbing and rappelling problems using acquired knowledge and experience.
9. Identify and discuss ethical considerations affecting decisions related to the sport of climbing.
10. Conduct themselves in such a way as to provide safety and support for others.

E. Methods for Assessing Student Learning

At the discretion of the Instructor, students will be evaluated according to their daily attendance and subjective performance and skill development; ability to problem solve by applying factual information to practical situations; written exam to test knowledge and comprehension of factual information; self-reflection assessment.

F. Special Information This course is taught off-campus at a local sports facility. An additional fee is charged for access to this facility and for rental equipment, if needed.