Colorado Mountain College

I. Course and Instructor: J.C. Norling

Format: LAB; All classes meet at WECMRD Field house in Edwards

Course Information:

Course Title:	PED-150 Rock Climbing 1 (Indoor)	*Synonym Number:*	*73046*
Course Code:	*VE02*	*Credits:*	*1*
Semester:	*SP13*	*Prerequisite:*	*none*
Meeting Times:	Monday & Wednesday; 12:30pm-2:00pm		
Specific Dates:	(January 14/16; January 21/23; January 28/30; February 4/6; April 1/3) *10 class meeting times-20 hours* *+ 10 individualized training hours per course policies and procedures*		
Class Location:	WECMRD Field house in Edwards		
Start Date:	01/14/2013	*End Date:*	04/03/2013
Refund Date:	01/30/2013	*Withdraw Date:*	03/15/2013

Instructor Information:

Instructor Name:	J.C. Norling, Ph.D American Mountain Guides Association (AMGA) Certified Climbing Wall Instructor Provider American Institute for Avalanche Research and Education (AIARE) Avalanche Education Instructor
Phone:	970-569-2913
E-Mail:	jnorling@coloradomtn.edu
Instructor Office:	Admin Office Area ask at CMC VE front desk
Office Hours:	By appointment only.

II. Course Description:

A $49 charge is required at the first class paid to the Edwards WECMRD Recreation Center which allows a full year membership and use of the climbing gym! This course introduces basic rock climbing in the indoor gym environment. The content enables the student to gain an understanding of the general principles of indoor climbing equipment selection and use; basic climbing skills and techniques; safety and climbing etiquette and terminology. Participants should be in good general health, and have the ability to participate in moderate to strenuous physical activity. Students must have their own rock climbing shoes. All other climbing equipment is provided. A CE certified climbing harness is highly recommended - equipment purchases should be delayed until after the first class. All class meetings are at the Edwards WECMRD Recreation Center. 17 years of age minimum at the start of the class to participate.

III. Student Learning Outcomes, Competencies, and Skills:

1. Review and adhere to WEDMRD Edwards policies and procedures.
2. Review climbing equipment.
3. Employ basic principles of movement on rock such as hands, finger, feet, and body techniques.
4. Identify the types and uses of various ropes.
5. Demonstrate various knots used in rock climbing and how to tie-on to rope.
6. Recognize and practice the various types of belay techniques.
7. Practice rappelling.
8. Review and practice setting anchors.
9. Practice climbing terminology.
10. Describe and manage various rope systems.
11. Practice down climbing, safeguarding the climb, and emergency procedures.

IV. IDEA Objectives

In addition, each instructor should select **3-5** IDEA objectives from the list below and incorporate them in your syllabus. More information about IDEA can be found at http://www.idea.ksu.edu/.

1. Gaining factual knowledge (terminology, classifications, methods, trends).
2. Learning fundamental principles, generalizations, or theories.
   Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.
3. Acquiring an interest in learning more by asking questions and seeking answers.

V. Evaluation Methods and Class Management:

Attendance at all class meetings is expected!
2 or more missed classes results in automatic failure of the course. There are no exceptions. This is not an online class. Content explanation and demonstration happens at the indoor wall facility only!

Grades are based on the following system.
Averages are calculated based on the Skills Competency Checklist in back of the syllabus.
Students must be in class to be able to learn the competency or knowledge base and to demonstrate it to the instructor.

A = 90-99.99%
B = 80-89.90%
C = 70-79.90%
D = 60-69.90%
F = Below 59.90%

NOTICE:

A student judged to have engaged in academic misconduct as defined in the "Academic Policies and Requirements" section of the Colorado Mountain College Student Handbook will, at a minimum, receive a "zero" for the work in question. The student may also be removed from the class, resulting in a failing grade. All student course material may be submitted to turnitin.com (or another anti-plagiarism program) at the instructor's discretion. "Academic Expectations," the "Student Code of Conduct and Judicial Process" and more information about academic misconduct can be found in the Student Handbook. The instructor may alter any, or all, of this syllabus during the semester as the learning environment requires. Students will be notified in writing of changes.
If you have a disability protected by the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act and feel you may need classroom accommodations based on the impact of your disability, please contact the Disability Services Coordinator on your campus.

- Alpine and Vail-Eagle Valley Campuses: Deb Farmer at 970-870-4450
- Aspen, Rifle, and Roaring Fork Campuses: Dr. Anne Moll at 970-947-8256
- Summit and Timberline Campuses (including Chaffee County): Sandi Conner at 719-486-4200

Students wishing to withdraw from this course must INITIATE the course withdrawal/drop process at the site Registration Office.

This class could be cancelled one week prior to the census date if a sufficient number of students are not enrolled by that date.

VI. Grading System & Options

Information about grading is available in the Colorado Mountain College catalog. You will receive a grade report for current semester courses at the end of each term. This grade report is mailed to your permanent mailing address. Reports are mailed approximately two weeks after the end of the academic term.

VII. Required Course Materials

Handouts.

VIII. Other Information:

20 Hours of Document Climbing at the WECMRD Edwards Climbing Facility.
In addition to the regularly scheduled meeting times students are required to log personal climbing dates and times at the WECMRD Edwards facility. Climbing should occur during WECMRD facility operation hours and per the standards of the facility including climbing only when said student is approved and/or certified by the WECMRD staff allowing the WEDMRD patron to use the following approved climbing area. Climbing can be in the bouldering grotto or by use of auto belays, or with other WECMRD certified belayers/climbers.
NOTE: The course teaches to these standards.

IX. Virtual Library Information http://coloradomtn.edu/library

The Virtual Library has its doors open 24/7, providing access to thousands of online journals and newspapers, books and art images, downloadable videos and audio books, career resources and practice tests.

Virtual Library Help Desk
If you need help with the Virtual Library, email reference@coloradomtn.edu or call us at 800-621-8559, extension 2926.

PED-150 Rock Climbing 1 (Indoor)			
Meeting Times:	Monday & Wednesday; 12:30pm-2:00pm		
Specific Dates:	(January 14/16; January 21/23; January 28/30; February 4/6; April 1/3)		
	10 class meeting times-20 hours		
	+ 10 individualized training hours per course policies and procedures		
Week	Day	Date	Topic
1	Mon	Jan 14	Syllabus, Expectations, Risk Mgt Forms, Equipment, Sizing harnesses, shoes, WECMRD Facility orientation
	Wed	Jan 16	Equipment (harness, Carabiners, ropes, SRDs, GriGri's, ATCs, ropes); Belay communication, knots (Hard knots)
2	Mon	Jan 21	Belaying, ground anchors; Climbing movement (COG).
	Wed	Jan 23	Belaying; Climbing movement; Bouldering & Spotting; (Flagging and stepping through drills)
3	Mon	Jan 28	Belaying; Climbing movement; Bouldering & Spotting; Anchor systems SERENE.
	Wed	Jan 30	Belaying; Auto Belay (True Blue). Yosemite Decimal Systems, V-Grading. Friction Knots & Hitches (Prusik, Autoblock)
4	Mon	Feb 4	Part 1: WECMRD Belay Testing; Rope care and coiling
	Wed	Feb 6	Part 2: WECMRD Belay Testing; Rope care and coiling
WEEKS 5-10			Personal Climbing recorded in
11	Mon	April 1	Assessment on belaying, knots, and techniques; Extended Rappel
	Wed	April 3	Assessment on belaying, knots, and techniques; Extended Rappel

Grading Rubric & Skills Competency Checklist

Name:

Rubric: Scoring is solely based on a demonstration of competencies and explanation of knowledge item.
Students are expected to attend class where they will be instructed in the skill. Student will then practice and demonstrate the competency and/or explain the knowledge base item.
The instructor will evaluate proficiency and efficiency based on the evaluation system below.
Basic requirement of the class is to be able to pass the WECMRD Belay Certification Test.
Not following WECMRD policies and procedures is grounds for reprimand and possible automatic failure of the course per the instructor's discretion.

Evaluation Rubric To Explain and/or Demonstrate	**4=95% Highly Proficient & Efficient (Benchmark-Gold Standard)**	**3=85% Proficient & Somewhat Efficient (Meets Basic Standard)**	**2=75% Somewhat Proficient & not Efficient (Near or barely at Basic Standard)**	**1=65% Below Basic Standard**	**0=0% Not Observed**	**Date Obs.**

	SCORE	**Date Obs.**
Safety		
CE certification & UIAA approved		
Risk Management Forms		
First Aid Kit		
Knots		
Overhand & on bight		
Figure 8 on bight		
Figure 8 follow through		
Figure 8 follow through with double overhand		
Water Knot		
Double Fisherman's Knot		
Prusik Knot		
Autoblock		
Clove Hitch		
Munter Hitch		
Girth Hitch		
Equipment		
Backpacks for climbing		
Harness style & use		
Helmet		
Ropes (Dynamic)		
Ropes (Static)		
Webbing		
Cordellette (Size and Uses)		
Materials (Dyneema, Spectra, and Nylon)		
Locking Carabiner		
Non-locking Carabiner		
Tube Style Belay Device		
Gri-Gri Belay Device		
Rock Protection (Active)		
Rock Protection (Passive)		

See following page!

Systems		
Climbing Communication Climber: “On Belay” Belayer: “Belay On” Climber: “Climbing” Belayer: “Climbing On” Climber: “Slack” (if too tight) or “Up-Rope (if too loose)		
Belaying with Tube (ATC)		
Belaying with Gri-Gri		
Proper Tie In with Figure 8 follow through		
Closed System anchor		
Rappelling (Extended Rap using Sling)		
Rappel safety backups (Autoblock)		
Rappel safety backups (Fireman’s)		
Rappel safety backups (Leg Wrap)		
Anchor Systems		
SERENE Anchor using Static Line and Master Point		
Ground Anchor setup		
Equalizing anchor at bolts (Demo only – ground school)		
Climbing Techniques		
Movement: STEP (See, Target, Engage, Place)		
Movement Principle: Center of Gravity (COG)		
Friction		
Edging		
Stemming		
Mantling		
Fist Jamming (thumb-up, thumb down)		
Crimping		
Liebacking		
Knee Drop		
Overhangs and heel hooking		
Flagging and back stepping		
Bouldering Skills and Spotting		
Grading System		
Yosemite Decimal System		
V Grading (Bouldering)		
Resources and Associations		
AMGA		
Climbing Wall Association (CWA)		