

Eastern Washington University

Intro to Rock Climbing: PHED 125



Information

Instructor: Zach Turner
509.359.4015
Zturner46@ewu.edu

Class Location: EWU Climbing Wall
University Recreation Center

Class Time: TBA

Course Description

This class is designed to introduce participants to basic rock climbing skills. The course will cover the skills necessary to climb and belay using a top-rope system both in an indoor facility and an outdoor setting. The skills and information taught in this course include: safety practices, basic climbing knots, belay technique, climbing movement, equipment and terminology.

IMPORTANT

Further instruction and proper supervision are required if you continue to pursue climbing in an outdoor setting. Climbing is an inherently dangerous activity, and this class is not adequate preparation for facing the hazards of an outdoor climbing site without the guidance of a qualified and experienced instructor. Use good judgment.

Course Objectives

The student will:

- Understand the risks and benefits involved in the sport of rock climbing
- Become top-rope belay certified at the EWU Climbing Wall
- Be able to identify and properly use basic climbing equipment including harness, locking carabiner, belay device, ground anchor, etc.
- Become familiar with proper climbing movement/technique
- Be familiar with climbing safety procedures including “buddy checks” and belay commands
- Become familiar with the risks and benefits of climbing outdoors

Course Disclosure

Rock climbing is an inherently dangerous sport. Novice and expert climbers are injured and die every year (even in climbing gyms); however, modern equipment and proper instruction can minimize most risks. Rock climbing can be a blast, but take it seriously.

Grading and Evaluation Procedures

Criteria for evaluation in this class include meeting the specifications of individual assignments as well as active participation in class sessions.

Grading will follow normal university standards.

Final grades are broken down as follows:

<i>Assignment</i>	<i>percent</i>	<i>points</i>
Class Participation:	60%	60 pts
Belay Test:	20%	20 pts
Practical Exam:	20%	20 pts
Total Points		100

Class Participation

You can miss one class without losing points; if you miss three or more classes you will receive a 0.0 for the quarter. Contact the instructor in advance if you are going to miss a session. Lack of cooperation, behaviors that affect the instructor's ability to teach, and behaviors that compromise safety may result in a lowered class participation grade. Turn cell phones off.

Belay Test

Building solid belay skills is a major learning outcome of the course. Each student must pass the EWU Climbing Wall Belay Proficiency Check (20 points).

Practical Exam

For the exam, students must demonstrate proficiency with the knots and hitches assigned by the instructor. Students must also demonstrate a working knowledge of the top-rope system, climbing equipment, basic climbing technique, and major climbing-surface features.

95-100%	A	4.0
93-94%	A	3.8-3.9
90-92%	A-	3.5-3.7
86-89	B+	3.1-3.4
83-85	B	2.8-3.0
80-82	B-	2.5-2.7
76-79	C+	2.1-2.4
73-75	C	1.8-2.0
70-72	C-	1.5-1.7
66-69	D+	1.1-1.4
63-65	D	0.8-1.0
60-62	D-	0.7
< 60	F	0.0

Class Schedule

1) Monday, September 28th

- Introduction
- Syllabus and course overview
- Bouldering/Spotting

2) Monday, October 5th

- Vertical Introduction
 - Donning a harness
 - Tie-in
 - Setting up the belay device
 - Belay skills
 - "Buddy check" system
 - Belay commands

3) Monday, October 12th

- Belay Check
- Route Grades

4) Monday, October 19th

- Basic climbing movement/technique
- Quiet feet
- General footwork/balance

5) Monday, October 26th

- Basic climbing movement/technique
- Straight arms

6) Monday, November 2nd

- Terms—Holds and Features
- Coaching

7) Monday, November 9th

- Terms—Holds and Features
- Coaching

8) Monday, November 16th

- Terms—Movement
- Coaching

9) Monday, November 23rd

- Rappelling
- Make-up / Catch-up day

10) Monday, November 30th

- Practical Exams