

KIN A256: ROCK CLIMBING LEVEL 2

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Climbing techniques and safety fundamentals, equipment overview and advanced skills prepare the student for participation in competitive rock climbing, use of advanced equipment, safety and bouldering skills. Securing the climbing harness properly, properly tying to the harness, proper use of climbing commands, safety falling, and arresting falls will be covered. A fee for use of an off-campus facility will be required. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to improved skills in preparation to participate in competitive rock climbing.

Course Objectives

- 1. Demonstrate and perform climbing safety skills
- 2. Demonstrate and perform advanced climbing techniques.
- 3. Improve muscular strength and endurance for advance terrain.
- 4. Develop ability to recognize safe and efficient routes.

Lecture Content

Orientation Competitive indoor climbing rules Rules Joining leagues Advanced climbing safety and injury prevention Introduction to lead climbing with staff supervision Advanced equipment Overview Specialty harnesses shoes for specific types of climbing Quick draws Ropes for lead climbing Gri-gri instruction Safety skills instruction Lead climbing commands Lead belay skills lead climbing skills Advanced bouldering

skills Heel hooks Drop knees Dynamic climbing movements Moves under body tension Orientation to advanced lead climbing Equipment Lead and belay skills Practical application Orientation to advanced protection equipment Nuts and hexes Camming devices Runners and quickdraws Other

Lab Content

See course content

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lectures, discussions, instructor demonstrations, instructor feedback and evaluation, video analysis, and handouts

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

Personal climbing journals and notes on safety, climbs attempted and made, and personal progress. Written report on a climbing related subject.

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Written exam, personal climbing journal, student progress, participation, demonstrate learned climbing techniques and climbing safety skills

Required Writing, Problem Solving, Skills Demonstration

Personal climbing journals and notes on safety, climbs attempted and made, and personal progress. Written report on a climbing related subject.

Eligible Disciplines

Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. Selected handout materials to be provided and distributed by the instructor.
2. Selected handout materials to be provided and distributed by the instructor.