

Course: OAL212 – Rock Climbing and Rappelling
Credit: 1 credit hour
Semester: SP 2022, Cycle 5
Time: Thursday, 8:00 – 10:00 am
Instructor: Tressa Shoemaker: tressa.shoemaker@calvary.edu

This is a blended class, meaning that both campus and online students take this class together. Campus students attend the classes in person, online students attend the classes via the online classroom. All interaction and assignments for campus and online students are done in the online classroom.

I. DESCRIPTION

This course covers the fundamentals of rock climbing and bouldering as a recreational activity and an outdoor travel skill. Students will learn to incorporate the Word of God within the elements of outdoor adventures.

II. OBJECTIVES

A. General competencies to be achieved. You will:

1. Begin to acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in climbing and rappelling.
(Program Learning Outcomes: 1, 2, 3,4)
(Assignment: B,C,D)
2. Know how to effectively communicate, motivate and give proper instruction to those they are responsible for in a rock climbing and rappelling setting.
(Program Learning Outcomes: 2,3,4,5)
(Assignment: C,C,D)
3. Know how to prescribe and acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
(Program Learning Outcomes:4,5)
Assignment (B,C,D)

4. Explaining basic safety and stewardship/Leave-no-trace (LNT) practices.
(Program Learning Outcomes: 4,5)
(Assignment: B,C,D)
5. Learn about how to apply biblical leadership principles when conducting rock climbing and rappelling.
(Program Learning Outcomes: 1,2,3,4)
(Assignment: B,C,D)
6. Explaining the value and benefits of rock climbing, mountaineering, and canyoneering.
(Program Learning Outcomes: 1,2,3,4,5)
(Assignment: B,CD)

B. Specific competencies to be achieved. You will:

1. The student will be able to understand and acquire the fitness requirements associated with the sport of rock climbing including cardiorespiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
(Program Learning Outcomes: 2,4,5)
(Assignment: B,C,D)
2. The student will be able to communicate effectively with a group of people as well as how to use biblical principles in an outdoor setting.
(Program Learning Outcomes: 1, 2, 3)
(Assignment: B,C,D)
3. The student will be able to execute basic rock climbing skills associated with rock climbing in an artificial and natural environment to develop, maintain, and sustain an active and healthy lifestyle.
(Program Learning Outcomes: 1, 4, 5)
(Assignment: B,C,D)
4. The student will be able to demonstrate competence and consistency in the safety checks needed in rock climbing and in belaying techniques.
(Program Learning Outcomes: 4 and 5)
(Assignment: B,C,D)
5. The student will be able to describe or recognize risk management that exists within rock climbing and rappelling.
(Program Learning Outcome: 1,2,3,4,5)
(Assignment: B,C,D)

III. MATERIALS

- A. BIBLE** - The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible

based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

B. Textbooks

Moore, K.J. Rock Climbing for the Absolute Beginner: A Complete Guide to Bouldering, Mountaineering, Top-Rope & Trad Climbing- Includes Knot Tying Tutorials. Autumn Leaf Publishing Press, 2019. Retail Price: \$12.95.

C. Rock Climbing Facility, shoes, light clothing.

IV. REQUIREMENTS

A. Writing

1. All class papers must follow the APA style according 7th edition of the APA Publication Manual.
2. The Clark Academic Center (learning@calvary.edu), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.
3. Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person's ideas and presenting them as your own.

B. Discussion Questions

1. The student will write a comprehensive summary on a question related to philosophies and strategies used in rock climbing and rappelling.

C. Rock Climbing and Rappelling

1. The student will go to a rock climbing facility to train every week.
2. The student must submit a journal entry of each class and their perspective of the rock climb. What potential challenges they might have faced. What types of biblical truth can be gleaned from the experience.

D. Required Reading

1. Student will read the Rock Climbing for the Absolute Beginner: A Complete Guide to Bouldering, Mountaineering, Top-Rope & Trad Climbing- Includes Knot Tying Tutorials.
2. Student will read a variety of articles within the course.

V. METHODS

A. Textbook Reading, participation in rock climbing and rappelling.

B. Grading

1. Reading	200 Points
2. Discussion Questions	100 Points
3. Weekly Climbs	200 Points
4. Journal Entries	200 Points
Total	700 Points

VI. TENTATIVE SCHEDULE:

Lesson 1: Introduction to class, safety and syllabus, figure 8 follow thru, overhand knot, overhand on a bight, figure 8 on a bight, double fishermans, harnesses.

Lesson 2: Review knots, water knot, girth hitch, Helmets, PBUS, climbing commands and bouldering.

Lesson 3: Review knots, climbing commands & ground school, BARK, transferring commands and climb.

Lesson 4: Fundamentals of climbing, lowering, route maps and climb, classification and grading of climbs and climb.

Lesson 5: Recreation climbing setup, hands down belay and securing climbing ropes and climb.

Lesson 6: Advanced climbing techniques, ropes, backpack coil and climb.

Mountaineer's coil, Figure 8 on a bight /clove hitch for anchor, figure 8 device, palm down belay and climb Munter hitch, carabiners and climb.

Lesson 7: Knot Rodeo, climbing systems, Gri gri use and climb Bowline knot, standing hip belay, palm-up belay method and climb, belay devices and climb.

Lesson 8: Rappelling and climb. Written final exam and Practical exam

IX. Students with disabilities have the responsibility of informing the Accommodations Support Coordinator (aso@calvary.edu) of any disabling condition that may require support.