

**Course:** OAL212 D-ND – Rock Climbing and Rappelling  
**Credit:** 1 credit hour  
**Semester:** FALL 2025  
**Time:** Friday 9:30-10:50am  
**Instructor:** Tressa Barnes  
**Email:** tressa.barnes@calvary.edu

**This course is offered in two formats: in-person and online. Students registered for in-person attend the classes in person, online students attend the classes via the online classroom. For both in-person and online students, assignments and interaction outside of the class period are done in the learning management system.**

## **I. DESCRIPTION**

Course will provide students with the fundamentals of recreational rock climbing and the basics of the sport. Course content includes techniques and safety. Students will participate in a rock-climbing experience off campus as a capstone to the course. (Fee: \$100)

## **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. ISBN10 1672899133; ISBN13 978-1672899130; Retail Price: \$14.20

#### **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.

#### **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. Academic Statements:**

- Students with disabilities have the responsibility of informing the Accommodations Support Coordinator ([aso@calvary.edu](mailto:aso@calvary.edu)) of any disabling condition that may require support.
- Plagiarism is defined as copying any content without identifying the source. This also includes taking another person's or AI entity's ideas or constructs and presenting them as your own. The use of AI generated content in student work is prohibited (even if cited) as it does not represent original work created by the student and is an

unreliable aggregate of ideas from other sources. Plagiarism of any kind will not be tolerated.

- The Clark Academic Center ([learning@calvary.edu](mailto:learning@calvary.edu)) is dedicated to providing free academic assistance for Calvary University 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.