

ROCK CLIMBING II
Course Outline
KIN 165-01 / Spring 2007
1 Credit

COURSE DESCRIPTION:

Designed to be an intermediate level course, Rock Climbing II plays off previous rock climbing experiences in order to advance and enhance a climber's mental and physical prowess. An emphasis on safety, communication and teamwork will be paramount. Material will cover equipment selection and care, knots, rope handling systems, conditioning, climbing technique and rescue. Practical experience includes rappelling, belaying and climbing on an artificial climbing wall. A field trip to a climbing area concludes the course.

PREREQUISITE: Rock Climbing I / KIN 164 or equivalent with instructor permission.

COURSE OBJECTIVE: Upon completion of the course a student will be able to:

1. Demonstrate teamwork, confidence and trust between the students and their peers and the instructor.
2. Master the knots for climbing, rappelling and rescue.
3. Correctly perform and apply several belaying and rappelling techniques.
4. Demonstrate setting up anchors, belaying, climbing and rappelling top roped, one pitch rock climbing routes using all the appropriate safety systems, techniques and equipment.
5. Execute basic rescue / self-rescue techniques.
6. Demonstrate a range of climbing techniques necessary to complete moderately difficult (5.5) to very difficult (5.9) climbs.
7. Demonstrate knowledge of basic lead climbing equipment and skills.
8. Demonstrate their knowledge of climbing history and philosophies.

COURSE CONTENT: This course will include:

1. Equipment
 - Selection
 - Care
 - Use
 - Terminology
2. Conditioning
 - Attitude
 - Range of motion
 - Strength
 - Stamina
3. Anchor Systems
 - Leader
 - Top rope

4. Belay Techniques and tools
 - Hip
 - Sticht plate
 - Figure 8
 - Munter hitch
 - Sheriff/ATC
 - Grigri

5. Belay System
 - Top rope
 - Directional
 - Leader
 - Static
 - Dynamic

6. Knots:

Figure 8's	Grapevine	Frost
Water	Prussik	Overhands
Bowline	Safety	Slip
Half-hitch		

7. Leading
 - Sport
 - Traditional

8. Seconding
 - Belaying the leader
 - Cleaning the pitch

9. Rappelling
 - Body rappel
 - Figure 8
 - Carabiner brake
 - Carabiner wrap

10. Rope (handling) Systems
 - Stacking
 - Throwing
 - Load hauling (Time permitting)
 - Ascending (Time permitting)

11. Rescue
 - Self rescue
 - Belay escape

12. First Aid
13. Ethics
14. History

CLASS MEETING DATES: (Topics and locations subject to change.)

January 25 Introduction; scope and objectives; Physical preparation.

February 1 Review

February 8, (NO class)

February 15 Centering; Visualization; knots

February 22 Alternate belaying practices and techniques

March 1 The Art of Leading, Traditional and Sport; ethics

March 8 Rec Center climbing

March 15 Spring Break

March 22 Rappelling; Ascending ropes

March 29 Final Preparation for the field trip

MANDATORY CLASS FIELD TRIP: MARCH 31/ April 1

Destination: **Tentative:** Little Stony Man, Luray VA, Carderock, MD***

** An information sheet will be forthcoming.

***These locations are subject to change.

DRESSING FOR CLASS: Sneakers, shorts, and T-shirts are appropriate in the gym. If you wish to wear long trousers, they must fit loosely for climbing. We will boulder outside Adair some, weather permitting. Wear loose fitting layers that will not bind your movement. Rings and dangling earrings are a hazard. Please, for your safety, do not wear them to class. Long hair will need to be braided or confined in some way as to not get caught up in the climbing paraphernalia

REQUIRED EQUIPMENT: NONE (provided) Note: You may use your own shoes and harness, etc, but it must be inspected and approved by the instructor.

EVALUATION: Pass/fail grade will be awarded on the successful completion of all the following course requirements to pass.

Practical Demonstrate knots, setting up a top rope and a sling shot climb; rappelling and free climbing a 5.5+ route

Written Students must pass the written portion of the course. A 70% is required to pass. A short paper may be required.

Field Trip - Attend the class field trip.

ATTENDANCE REQUIREMENT: In accordance with Department policies, students are expected to attend all scheduled class meetings. Due to the technical nature of this class, attendance to all classes is strongly recommended. Missing more than one class will result in course failure. (This includes illness or injury.) Incompletes will not be given due to missing the weekend field trip. Attendance at the weekend trip is mandatory to receive a passing grade.

COURSE FEE: \$90. Includes transportation, lodging and equipment. Billed with your tuition. Pay the Treasurer's Office.

FEE REFUND AND COURSE WITHDRAWAL POLICY

Full refund of course fees are given only for classes dropped by the end of the drop period at the beginning of the semester. Any student enrolled in the course after this date is liable for the full course fee and any petition to drop will probably be denied.

Any questions concerning drops, withdrawals or refunds should be directed to the course instructor.

TEXT: None is required, but a number of readings will be required from select materials. These will be available in Swem Reserve. Visit the class Assignments page on the course Blackboard web site for the actual assignments.

READINGS WILL BE FROM THE FOLLOWING BOOKS:

The Art of Leading, Long, Falcon Pr 2004.

Mountaineering - Freedom of the Hills 7th Edition, Ferber, The Mountaineers, 2003.

How to Rock Climb, Long (4th edition), Falcon Pr.2003.

Climbing Anchors, Long, Falcon Pr 1993

Class Web Site: Address: <http://blackboard.wm.edu> Click on Arts and Sciences then Kinesiology then to Rock climbing. You should be able to access all your classes that have a Blackboard web site through myWM/Banner. If you have any problems, do not hesitate to let me know.

General Information: **You will need to sign an assumption of risk form and complete a medical form.** If you need to contact me, call or come by my office during posted hours **or** leave a message with voice or e-mail or in my mailbox in the main Kinesiology office in Adair Hall I respond well to timely messages. The Department and the College is not responsible for problems that arise due to the weather.

Instructor: Kim Whitley

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Office hours: I can typically be found in my office in the late afternoon on Mon and Wed between noon & 12:45, AND BY APPOINTMENT. I am most easily reached via email.