

# Bemidji State University

## PHED 1200: Introduction To Rock Climbing

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Introduction to the basics of Top Rope Rock Climbing and Rappelling through practice at the BSU Climbing Wall and/or other sites. Also includes climbing communication, "leave no trace" climbing techniques, techniques for setting anchors, and discussion of environmental values. Liberal Education Goal Area 11.

**B. COURSE EFFECTIVE DATES:** 08/09/2001 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic skills: knots, belays, communication, and rope handling
2. Enhance safety and decision making for different climbing conditions
3. Historical context and modern developments in the sport of climbing

### D. LEARNING OUTCOMES (General)

1. demonstrate improved technique regarding movement efficiency and new skills.
2. demonstrate mastery in the basic skills necessary to institutional climbing.
3. demonstrate effective judgment and decision making regarding the safety of one's self and partners.
4. demonstrate a basic knowledge of climbing history from pre-war exploration through the modern era.
5. demonstrate an expanded understanding of rope safety systems used in climbing.
6. demonstrate competency in the care of equipment, choosing personal gear, and strategies for climbing at different venues.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted