

# North Hennepin Community College

## EXSC 1240: Rock Climbing

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Rock Climbing is a beginning-level class. It is designed to introduce the basics of indoor top-rope climbing to students. Students will learn knot tying, belaying, climbing commands, and gear management. Students will also learn the skills necessary in order to maximize their climbing performance by learning balance, footwork and body position. Emphasis will be placed on making climbing a safe and enjoyable activity. (Additional fee for this course)

**B. COURSE EFFECTIVE DATES:** 08/01/2015 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Throughout this course, the following subjects will be covered:  
Knot tying, belaying, rope management, the use of technical equipment, and climbing commands.
2. Emphasis will be placed on the skills needed to climb and belay in a controlled environment.
3. Learning how to maximize ones performance on the climbing wall.
4. Bouldering.
5. Balance, body position, and footwork to improve climbing efficiency.
6. General nutrition and training for climbing.

### D. LEARNING OUTCOMES (General)

1. The student will be introduced to rock climbing technology. (PE Goal 2; NHCC ELO 2)
2. The student will gain a basic understanding of top-rope climbing systems. . (PE Goal 2 NHCC ELOs 2)
3. The student will acquire and improve rock climbing skills and techniques. . (PE Goal 2d NHCC ELOs 2)
4. The student will acquire the skills to belay. (PE Goal 2, 3b; NHCC ELOs 2, 3)
5. The student will learn and demonstrate proper climbing and belaying vocabulary. (PE Goal 2, 3b; NHCC ELOs 2, 3)
6. The student will learn and demonstrate proper safety protocol. (PE Goal 3b; NHCC ELO 3.)

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.