

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

PRLS 117 001—Rock Climbing (2)
Fall 2014

DAY/TIME:	T 4:30 – 5:30 p.m. S 9:00 –5:00p.m.	LOCATION:	Aquatic and Fitness Center 112 Great Falls NP, VA.
INSTRUCTOR:	Dustin Sanderson	EMAIL ADDRESS:	dustin.sanderson@gmail.com @gmu.edu
OFFICE LOCATION:	Washington, DC	PHONE NUMBER:	325-201-3441
OFFICE HOURS:	M-F 9:00 - 12:00	FAX NUMBER:	None

PREREQUISITES/COREQUISITES

None

COURSE DESCRIPTION

This course is for individuals who have never done any formal rock climbing. The course will involve activities to teach students basic climbing terms, techniques, equipment, and safety practices for top rope belay climbing and rappelling. We will build on communication skills and trust.

COURSE OBJECTIVES

At the completion of this course students should be able to:

1. Explain and demonstrate the different ways one can climb.
2. Explain and be able to assist in the set up of top rope anchor systems under supervision of an experienced climber.
3. Show and explain how to belay properly.
4. Articulate AND demonstrate the importance of safety at the climbing site..
5. Demonstrate a knowledge of basic climbing techniques.

COURSE OVERVIEW

Students will learn the basic fundamentals of rock climbing in an outdoor climbing area. Due to the technical nature of the subject students must meet the following requirements:

1. Participate in all lab exercises at Great Falls National Park, Va. All labs start promptly at 9am and end at 5pm. No makeup day will be offered!
2. Students must provide own transportation to off campus sites.
3. Wear active clothing that does not limit motion and is appropriate for the day's weather conditions. (No Open Toe Shoes, Cotton Clothing and dress in layers)
4. Bring to class a raincoat or waterproof breathable parka, extra layers, sunscreen, hat, insect repellent, day pack, healthy lunch, at least two liters of water and any medications needed to maintain health. All labs will be held at Great Falls regardless of weather conditions.
5. Policy on alcohol and/or drug use. Students must show up sober and leave sober.

6. Read and sign all waivers and medical release forms.
7. Adhere to all off site locations rules and policies.
8. One built in rain day is available but is seldom used due to the nature of this course.

We will be going to several outdoor climbing sites at Great Falls National Park VA. Several people die each year at this park by not adhering to the park's safety rules. Students violating any of the park's safety rules or those of the instructor will result in removal from class and a final grade of F.

NATURE OF COURSE DELIVERY

Face to Face

REQUIRED READINGS

None

EVALUATION

This course will be graded on a point system, with a total of 100 possible points.

Requirements		<i>Points</i>	
Exam			
#1	Final Exam	40	
<i>Participation:</i> Students must arrive on time and actively participate in learning all of the safety skills involved in top rope climbing.		<u>60</u>	
TOTAL		100	

Grading Scale										
A	= 94 – 100		B+	= 88 – 89		C+	= 78 – 79		D	= 60 – 69
A-	= 90 – 93		B	= 84 – 87		C	= 74 – 77		F	= 0 – 59
			B-	= 80 – 83		C-	= 70 – 73			

TENTATIVE COURSE SCHEDULE

Date			Topic	Location and time
T	Aug	26	Introduction, overview	Aquatic and Fitness Center 112 4:30-6:30pm
Sat	Aug	30	Basic Skills	Great Falls, VA 9:00-5:00 pm
Sat	Sept	6	Basic Skills Review and Top rope Intro	Great Falls, VA 9:00-5:00 pm
Sat	Sept	13	Top rope anchors	Great Falls, VA 9:00-5:00 pm
Sat	Sept	20	Top rope anchors	Great Falls, VA

				9:00-5:00 pm	
Sat	Sept	27	Cumulative skill execution	Great Falls, VA 9:00-5:00 pm	
Sat	Oct	4	Final Exam	Great Falls, VA 9:00-5:00 pm	
Sat	Oct	12	Floating rain day	Great Falls, VA 9:00-5:00 pm	

Note: Faculty reserves the right to alter the schedule as necessary.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

