

GEORGE MASON UNIVERSITY College of Education and Human Development
School of Recreation, Health, and Tourism

PRLS 134 001—Rock Climbing (1)
Fall 2016 T 4:30-5:30pm S 8:00-4:00pm 8./29-10/16
Aquatic and Fitness Center Rm 112, Great Falls National Park, VA

Faculty

Name: Dustin Sanderson

Office Hours M-F 9:---12:00

Office Location: By phone, email, or after class

Phone: 325.201.3441

Email: dsande10@gmu.edu

Prerequisites

None

Course Description

Teaches basic climbing terms, techniques, equipment, and safety practices for top rope belay climbing and rappelling. Builds on communication skills and trust.

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.

Course Delivery Method Lecture/Lab

Learner 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 setup 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.

Required Text

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: terms, safety practices	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			

Professional Dispositions Students are expected to exhibit professional behaviors and dispositions at all times. [Additional course or program specific language may be added.]

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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor. *Campus Resources*
- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.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/>).
- 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/>). Template Revision Date: August 2016 3
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Tentative Course Schedule

Date			Topic	Location and time
T	Aug	30	Introduction, overview	Aquatic and Fitness Center 112 4:30-6:30pm
Sat	Sept	10	Basic Skills	Great Falls, VA 9:00-5:00 pm
Sat	Sept	17	Basic Skills Review and Top rope Intro	Great Falls, VA 9:00-5:00 pm
Sat	Sept	24	Top rope anchors	Great Falls, VA 9:00-5:00 pm
Sat	Oct	1	Cumulative skill execution	Great Falls, VA 9:00-5:00 pm
Sat	Oct	8	Final Exam	Great Falls, VA 9:00-5:00 pm
Sat	Oct	15	Rain Date	Great Falls, VA 9:00-5:00 pm

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

