

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
Physical Activity for Lifetime Wellness

RECR 133 001 – Indoor Rock Climbing:Introduction (1)
1 Credit, Fall 2019
FRIDAY, 11-1:30PM , SPORT ROCK CLIMBING CENTER, ALEXANDRIA
8/26-10/132019

Faculty

Name: Jason Montecalvo
Office Hours: Before and after class
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Prerequisites/Corequisites

None

Course Fees

\$300. This covers the cost of facility use, rental equipment, and other required items.

University Catalog Course Description This course introduces equipment, techniques, safety, and planning related to basic rock climbing.

Course Overview

This is an introductory level indoor climbing course that covers fundamental topics in order to become a safe and knowledgeable climber. Students will learn the safety systems of belaying, basic knot tying, and basic climbing movement in this experiential class. Designed for people with little or no climbing experience, this course teaches the skills needed to climb independently at a beginning level without the need for instruction or supervision.

Students will provide their own transportation and meet at Sportrock Climbing Centers in Sterling, Virginia each scheduled class day. Students must execute a Medical Agreement & Release (GMU) and a Student Assumption of Risk Certificate (GMU) as well as a Sportrock Participant Agreement in order to participate. Sportrock Climbing Centers will provide all equipment, instruction and any handouts for the course.

This course meets in person once a week, on-site at the Sportrock Climbing Center's Alexandria gym location.

Course Delivery Method

This is an activity course

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Demonstrate the proper way to put on a harness, tie into a rope and belay for a climbing partner.
2. Explain the process to achieve precise footwork.
3. State the sequence movement between rock holds.

4. Identify the various types of hand and foot holds and how to effectively use them.
5. Demonstrate how to turn and move dynamically in vertical as well as horizontal planes.
6. State proper bouldering safety and etiquette.
7. Displays willingness to assist other students.
8. Complete the practical skills and written tests to at least the 70% level of proficiency.

Required Texts

Learning to Climb Indoors – Eric Horst; Guilford, CT: The Globe Pequot Press (2006)
Mountaineering: Freedom of the Hills – Steven M. Cox and Kris Fulsaa 7th Edition

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

Course Performance Evaluation

1. Class attendance and participation in drills, exercises and teambuilding activities (50%) – 50 Points
2. Mid-term Exam – Practical Skills Test (25%) – 25 Points
3. Final Exam – Written Skills Test (25%) - 25 Points

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

Requirements:	Points
Exams	
#1 Practical Examination – Safety Skills Assessment	25
#2 Written Examination – Safety Checklist, Technique & Communication Vocabulary	25
<i>Participation - Participation for this course is a vital element for the safety and welfare of the participants. Unless you have a prior medical reason from a physician for not being able to physically participate in the activity, you will be required to perform certain tasks every class session in order to receive full credit for a Participation Grade, which is 50% of your grade for the course. A 10-point reduction in your participation grade will be given for each instance you are unwilling or unable (sans a medical reason) to participate in the activity specified for that class session.</i>	<u>50</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

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

WEEK	LOCATION	TOPICS	READINGS/ASSIGNMENTS
1	Classroom	Introduction/Overview	Vocabulary Review

WEEK	LOCATION	TOPICS	READINGS/ASSIGNMENTS
2	Sportrock	Basic Skills /Introduction to Movement	Read Chapter 2 Handouts
3	Sportrock	Wall Contact and Sequencing	Traversing Training Drills
4	Sportrock	Turning	Turning Training Drills
5	Sportrock	Dynamic Movement	Read Chapter 6 Handouts
6	Sportrock	Bouldering Safety and Etiquette	Spotting Exercise
7	Sportrock	Final exam.	Practical/Written Test

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

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 Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- 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/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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

