Course Outline for: EXSC 1151 Rock Climbing

A. Course Description

1. Number of credits: 2
2. Lecture hours per week: 2
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

High-risk sports, such as rock climbing, require specialized indoor instruction to ensure safe and independent skill development in an outdoor setting. Through hands-on instruction with a skilled instructor, students learn various climbing techniques, terminology, knots, anchors, belaying, free climbing, and rappelling within a secure indoor setting. With a strong emphasis on safety, individuals assess their abilities and limitations related to climbing activities.

B. Date last reviewed/updated: March 2025

C. Outline of Major Content Areas

1. Equipment: Ropes, Carabiners, Harnesses, Webbing, Belay Devices, Rappelling Devices
2. Terminology and Types of Climbing
3. Knots: Figure-of-Eight Follow-through, Overhand, Grapevine, Fisherman's, Ring Bend, Bowline, Prussik, Clove Hitch, Tie-off
4. Belaying Technique
5. Climbing and Rappelling Signals
6. Rappelling Technique
7. Direct Aid Climbing
8. Sport vs Traditional Climbing
9. Ethical Considerations

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Define various types of climbing and selected climbing terms.
2. Select equipment appropriate to a given climbing situation.
3. Demonstrate proper care of equipment.
4. Correctly tie selected climbing knots.
5. Demonstrate basic climbing techniques, including hand and foot holds, and body position.
6. Demonstrate correct belaying technique and use of signals.
7. Evaluate climbing situations to set up a secure belay system.
8. Choose climbing routes based on information available.
9. Formulate possible solutions to climbing and rappelling problems using acquired knowledge and experience.

10. Identify ethical considerations affecting decisions related to the sport of climbing.
11. Conduct themselves in such a way as to provide safety and support for others.

E. Methods for Assessing Student Learning

Methods for assessment may include, but are not limited to, the following:

1. Subjective performance and skill development
2. Ability to problem solve by applying factual information to practical situations
3. Written exam to test knowledge and comprehension of factual information
4. Self-reflection assessment

F. Special Information

None