

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 173 – ROCK CLIMBING AND RAPPELLING (1 CR.)

Course Description

Presents techniques and skills of climbing and rappelling with emphasis on safety, equipment, skills in knot tying, terminology and physical conditioning. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This health-related physical activity course is designed to develop cardiorespiratory endurance, and muscle strength and endurance through participation in an adventure activity.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running and using the arms and hands. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Identify and select the appropriate rock climbing equipment: harness, carabineer, belay device and climbing shoes
- b) Employ proper spotting, belaying and falling techniques required for ensuring the safety of the climber
- c) Rappel from various heights
- d) Describe and distinguish between various knot tying methods
- e) Correctly use climbing calls
- f) Demonstrate the correct uses of rock climbing equipment

Major Topics to be Included

- a) Introduction and orientation to climbing
- b) Safety producers and methods
- c) Climbing of various places and heights
- d) Knot tying basics and methods
- e) Climbing calls and other terminology
- f) Physical conditioning and skill development (i.e. belay, climbing)
- g) Teamwork and effective communication skills