

POINT LOMA NAZARENE UNIVERSITY

KIN 1068 ROCK CLIMBING

Prof. Rich Hills ext.2206 T-TH 10:00 – 11:40 am rhills@pointloma.edu

Course Description - Instruction in the necessary skills and use of proper equipment for safe, enjoyable wilderness outings. Concepts of survival, route-finding, ropes, equipment, safety and climbing techniques are part of the student's experience.

Course Learning Outcomes – The primary objective of this course is to acquaint students with the knowledge and activities to rock climbing in a safe environment.

Performance Objectives: At the conclusion of the class a student will be able to do the following:

- Demonstrate skill competency in rock climbing at Santee rocks bouldering, rappelling and belaying. Also, indoor climbing experience at Mesa Rim.
- Demonstrate safety in spotting and ropes.
- Demonstrate care of equipment and environment.
- Demonstrate techniques for ropes belay, climber, and rappel.

Grading:

- | | | |
|-----------------|-----------------|----------------|
| - Participation | (16 x 5 points) | 80 pts. |
| - Skills | | |
| ▪ Climber | | 20 pts. |
| 1. Santee | | 20 pts |
| 2. Mesa Rim | | 20 pts. |
| ▪ Belay | | 20 pts. |
| ▪ Rappel | | 20 pts. |
| ▪ Knots | | <u>20 pts.</u> |
| ▪ Total | | 200 pts. |

A 200 - 170

B 169 - 140

C 139 - 110

D 109 – 80

ACADEMIC ACCOMMODATIONS

While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations. At Point Loma Nazarene University, students requesting academic accommodations must file documentation with the Disability Resource Center (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. This policy assists the university in its commitment to full compliance with Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities (ADA) Act of 1990, and ADA Amendments Act of 2008, all of which prohibit discrimination against students with disabilities and guarantees all qualified students equal access to and benefits of PLNU programs and activities.

GENERAL EDUCATION EXPERIENCE

This course is one of the components of the General Education Program at Point Loma Nazarene University, under the category of "Experiencing an Interdependent World. By including this course in a common educational experience for undergraduates, the faculty seeks to inform healthy behavioral practices to prevent disease, and seeks to establish and reinforce, through physical activity, habits that result in a healthy lifestyle.