Course Overview:
This course is designed to teach individuals with limited or no experience, the fundamental aspects of rock climbing. Foremost in the curriculum is to teach students how to minimize risk in all aspects of climbing. Judgment, safety precautions, and redundancies for the purpose of reducing the likelihood of human error will be stressed. Other topics to be taught include knots, proper usage of equipment, belay techniques, rappelling, climbing commands, ratings and how to improve movement and balance.

Course Objectives:
1: Increase familiarity with equipment and usage.

2: Learn safe belay/spotting techniques.

3: Development of movement and route finding.

Grading:
1: Course is graded pass/fail based on attendance, participation and attitude.

2: Per University policy, only three absences are allowed in order to receive a passing grade.

Personal equipment:
Students will need comfortable clothing and climbing shoes. Shoes can be rented at the gym or you can purchase your own. It is recommended that students purchase their own shoes. An overview of the proper sizing will be offered first class.

Structure:
Warm up
Technique discussion
Climbing
Recap