INDOOR ROCK CLIMBING SYLLABUS

Chrissy Hayes  hayescm@westminster.edu  Tuesdays: 9:20-10:50am
                      Location: field house

Course Objectives
Students will:
- learn the fundamentals of indoor rock climbing principles.
- learn and be familiar with safety concerns, equipment and techniques of belaying and lowering climbers to safety.
- learn how to use the indoor rock climbing wall creatively and holistically.

Supported Readings/Texts:

Class Policies

Attendance
1 unexcused absence allowed

Excused Absences
1. Infirmary or doctor’s excuse
2. Excuse from Dean of Student Affairs Office
3. Authorized academic activity

Make-up of excused absence
All excused absences may be made up but should be done within 2 class periods following the absence. Make up classes may include attending an open climbing wall time or helping belay a group event at the climbing wall.

Attire
Appropriate gym clothing should be worn that will allow free movement and play. NO open-toed shoes allowed. Climbing shoes are available for your use but must be worn with socks.

Evaluation
You will be evaluated on attendance (promptness will be noted), compliance with the above dress attire, and on your enthusiastic level of participation in class. Your efforts to learn and improve will have significance as well as your attendance.

Location will be in the Field House in the IM Gym unless otherwise announced.