

**The University of North Carolina at Charlotte**  
**Department of Health Promotion and Kinesiology**  
**Fall 2008**

- I. **Course Title:** EXER 1233 Rock Climbing
- II. **Course Number:** EXER 1233: section 001
- III. **Credit Hours:** 1 Credit
- IV. **Class Time:** Tuesday, 2:00-4:45 PM + one mandatory Sunday trip  
**Tuesday's class trip will be on Sunday Nov. 2<sup>nd</sup>**  
**Wednesday's class trip will be on Sunday Oct. 26<sup>th</sup>**
- V. **Meeting Place:** **First day of class, meet at Venture's Office in Cone Building Room 225**
- VI. **Instructor:** **Scott Moulton, Sarah Fox** & teaching assistant(s)
- VII. **Office:** in Cone University Center, Room 225 Venture Office
- VIII. **Office hours:** By appointment or just stop by.
- IX. **Contact:** Scott – 704.687.3288 – office [sdmoulto@uncc.edu](mailto:sdmoulto@uncc.edu) – email, most preferred way of contact.  
Sarah – 704.687.3398 – office [slfox1@uncc.edu](mailto:slfox1@uncc.edu) – email
- X. **Text:** Recommended optional purchase:  
1. Climbing: From Gym to Crag, by Peter Lewis & Dan Cauthorn, The Mountaineers Books, first edition  
2. How to Rock Climb, by John Long, Chockstone Press, fourth edition.
- XI. **Catalog Description:** **EXER 1233. Rock Climbing. (1)** Introduction to rock climbing with emphasis on belaying and safety systems, climbing techniques, and the metaphorical and psychological aspects of climbing. Course will include; classroom sessions, use of indoor climbing wall and weekend trips to outdoor climbing sites. A special fee will be charged to cover the costs of the weekend trips. (*Fall, Spring*)
- XII. **Course Description:** *This course is designed for individuals who have never done any formal rock climbing.* The course will involve activities to teach students basic climbing terms, knots, techniques, equipment, and safety practices for top rope belay climbing and possibly rappelling. We will build on communication, skill and trust.
- XIII. **Specific Objectives:** The student should be able to:  
1. Demonstrate struggle and improvement in a part of climbing that is hard for them personally  
2. Select, use and care for appropriate gear and safety items for rock climbing  
3. Perform basic climbing techniques & movements  
4. Tie, know and explain when to use appropriate knots  
5. Demonstrate and explain belaying techniques  
6. Identify safety concerns in climbing and develop an attitude of safety
- XIV. **Course content:**  
1. Safety!!  
2. Equipment selection and care  
3. Climbing styles & techniques  
4. Indoor and outdoor climbing  
5. Belay systems and knots  
6. Top-roped climbs & other climbing styles  
7. *Possibly Rappelling if time and interest permit.*

**The University of North Carolina at Charlotte**  
**Department of Health Promotion and Kinesiology**  
**Fall 2008**

**XV. Course Requirements:**

Written Reflections .....	30%
Knot & Belay Quiz(s) .....	25%
Attitude, participation in class and improvement.....	25%
Homework / Projects ( <a href="http://indoorclimbing.com/cyberclimber/">http://indoorclimbing.com/cyberclimber/</a> ).....	10%
Final Exam .....	10%

- ❖ **Late papers, homework and projects will affect your grade.**
- ❖ **Failure to turn in or complete an assignment will result in lowering your final grade by one letter grade.**
- ❖ **Each class NOT attended, may result in the lowering of your final grade by one letter grade and missing the class climbing trip will dictate a failing grade (F) for the course.**

**XVI. Grading:**

A =	100-90
B =	89-80
C =	79-70
D =	69-60
F =	59-0

**XVII. Dress:**

Come dressed to practice climbing techniques. This means dressing appropriately for indoor and outside weather. We will not actually climb in the rain, though we may use ropes that will get clothes dirty. All clothing should allow a full range of movement. Recommendation for shorts is that they come down past mid thigh or wear flexible pants. Closed toe footwear is required for all classes. All rock equipment provided.

**XVIII. Schedule:**

Since this is an experiential based class, attendance at class session is very important. We will meet on Tuesday or Wednesday depending on which class you have signed up for from 2:00 to 4:45 pm. Check class schedule or check with instructor of class meeting location because this could alter from week to week however majority of the locations will be at the SAC wall. This class may also involve independent climbing time at the Venture Climbing Wall in the SAC in the evenings. The course involves one Sunday climbing trip. This trip will not involve overnights, but will be long days. We will depart early (approx. 6:30am) and return to UNCC in the early evening (approx. 7 pm). The majority of practical learning takes place on the climbing wall in the SAC and on the weekend day trips.

**XIX. Financial Responsibility:**

Rock climbing requires a significant amount of specialized equipment, such as ropes, harnesses, carabiners, and other climbing hardware. This equipment is made available for the class with the understanding that the class as a whole will be responsible for damage or loss of the gear in its care.

**Special Fee:** \$60.00 to cover cost of the expenses for the weekend day trip, belay proficiency test for indoor climbing wall and for the use of shoes and harness for indoor climbing wall during class sessions and class assignments. **Equipment rental for evening use at the climbing wall IS included in this special fee cost.** Even if you have your own climbing gear, you are expected to pay this special fee as well.

**The University of North Carolina at Charlotte**  
**Department of Health Promotion and Kinesiology**  
**Fall 2008**

**XX. Attendance:**

Since this is an experiential based class, attendance at class sessions is very important and an expectation. Rock climbing cannot be learned from a book or solely in a classroom. Because of the nature of the material to be learned, attendance of scheduled class time is critical. **More than one absence of a class session will lower the grade one letter. Missing any part of the weekend trip will dictate a failing grade (F) for the course.** In addition to attending class, being on time for each class session is an expectation from the instructor. Continually being late for class will affect the outcome of your grade. Students are asked to inform the instructor if they know they will be missing a class and documentation may be required. Any excused absence will still require a "make-up" assignment.

The UNC Charlotte Catalog lists the following attendance policy.

*"Each instructor determines the attendance regulations for his or her classes. Students are expected to attend punctually all scheduled sessions in the courses for which they are registered and are responsible for completing the work from all class sessions."*

*Absences from classes may be excused by the instructor for such reasons as personal illness, religious holidays, or participating as an authorized University representative in an out-of-town event. Whenever possible, students are expected to seek permission of the instructor prior to absences."*

**XXI. Academic Integrity:**

Students have the responsibility to know and observe the requirements of the UNC Charlotte Code of Student Academic Integrity (Catalog p. 336 and 337). This code forbids cheating, fabrication or falsification of information, multiple submissions of academic work, plagiarism, abuse of academic materials, and complicity in academic dishonesty. Any special requirements or permission regarding academic integrity in this course will be stated by the instructor, and are binding on the students. Academic evaluations in this course include a judgment that the student's work is free from academic dishonesty of any type; and grades in this course therefore should be and will be adversely affected by academic dishonesty. Students who violate the code can be expelled from UNC Charlotte. The normal penalty for a first offense is zero credit on the work involving dishonesty and further substantial reduction of the course grade. In almost all cases the course grade is reduced to F. Copies of the code can be obtained from the Dean of Students Office. Standards of academic integrity will be enforced in this course. Students are expected to report cases of academic dishonesty to the course instructor.

**XXII. Accommodations for Disabilities:**

If you have a diagnosed disability, you need to check in with the Office of Disability Services in 230 Fretwell.

**XXIII. Communication:**

Communication by email is essential to weekly updates for the class, meeting locations and assignments to be due. It is the responsibility of the student to provide the email address that will be checked for emails from the instructor.