TEXAS A&M UNIVERSITY-CORPUS CHRISTI
Department of Kinesiology
KINE 1123.001 Beginning Rock Climbing

Course Number and Section: KINE-1123.001
Name of Instructor: Josh Bowman

Class meeting time and location: IH 139
Office: Rec Sport offices room 111

Semester: Spring 2015
Office Hours: By appointment

Office Telephone: 361-825-2364
E-Mail: joshua.bowman@tamucc.edu

I. Course Description
The study and practice of the technical and educational skills necessary to safely conduct rock climbing and climbing associated activities.

II. Rationale
This course is designed to provide the basic skills necessary to recreationally climb safely. With its growing popularity, indoor climbing gyms and outdoor climbing sites are providing participants with excellent aerobic and strength building activities. This course may be used as one of the one-hour elective courses required in the “Recreational Sports/Sports Management” kinesiology degree plans.

III. State Adopted Proficiencies for Teachers and/or Administrators/Counselors
N/A

IV. TExES Competencies
N/A

V. Course Objectives/Learning Outcomes
This course is designed to enable students
A. To understand basic rock climbing techniques.
B. To become familiar with rock climbing equipment and their usage.
C. To understand knots, belays, and rappels as they pertain to rock climbing.
D. To understand basic rock climbing safety and protective devices.
E. Learn communication systems developed for climbers.
VI. Course Topics

*The major topics to be considered are*

- Introduction to rock climbing
- Climbing equipment
- Knots
- Belaying
- Rappels
- Harnesses
- Site selection/Site management
- Rock climbing commands
- Rock protection
- Climbing techniques
- Top rope sites
- Placing anchors
- Environmental concerns

VII. Instructional Methods and Activities

A. Traditional Experiences (lecture/discussion; demonstration; drill; video)
B. Clinical Experiences (simulations; cooperative groups; guided discovery; lab exercise)
C. Field Experiences (field teaching and field trips)

VIII. Evaluation and Grade Assignment

A. Methods and Percentage of Final Course Grade Each Assessment

- Attendance and participation: 50%
- Quizzes: 10%
- Written exam: 15% (Will occur during trip to LA Copa Challenge Course)
- Practical exam: 25% (Will occur during trip to LA Copa Challenge Course)

Practical components- Student will be graded on the four following components: knots, belaying, climbing, and rappelling. Scores from the top three components will be averaged to give your Final practical exam score. If prior notice is given a student may opt out of the final and do an 8 page research paper.

B. Grading Scale

- 90 – 100 = A
- 80 – 89  = B
- 70 – 79  = C
- 60 – 69  = D
- Below 60 = F
IX. Course Schedule and Policies
A. Course Schedule (Tentative)

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>21-Jan</td>
<td>Schedule, Course Expectations, Location of gym, Location of Ropes Course, Clothing and Equipment, Climbing video</td>
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<tr>
<td>2</td>
<td>28-Jan</td>
<td>Types of climbing, Types of gear, Intro to Belay system</td>
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<tr>
<td>3</td>
<td>4-Feb</td>
<td>Carabiners, knots, hitches,</td>
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<tr>
<td>4</td>
<td>11-Feb</td>
<td>Rope – Kinds of rope, Care, Strength, Usage, Knots,</td>
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<tr>
<td>5</td>
<td>18-Feb</td>
<td>Hold type, Movement and technique</td>
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<tr>
<td>6</td>
<td>25-Feb</td>
<td>Belay devices, belay practice, lead belay demo</td>
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<tr>
<td>7</td>
<td>4-Mar</td>
<td>group 1 climbing gym*, lead climbing demo</td>
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<tr>
<td>8</td>
<td>11-Mar</td>
<td>group 2 climbing gym*, lead climbing demo</td>
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<tr>
<td>9</td>
<td>18-Mar</td>
<td>Spring break NO CLASS</td>
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<tr>
<td>10</td>
<td>25-Mar</td>
<td>Environmental Ethics, Leave No Trace Principles, Crag Ethics</td>
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<tr>
<td>11</td>
<td>1-Apr</td>
<td>Mountain Geology, Terrain Assessment, Safety,</td>
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<td>12</td>
<td>8-Apr</td>
<td>Rappelling, belaying a rappel</td>
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<td>13</td>
<td>15-Apr</td>
<td>Protection, Climbing site management, Anchors</td>
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<td>14</td>
<td>22-Apr</td>
<td>Movement and technique Part 2 (Pure fitness solutions**)</td>
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<td>15</td>
<td>Sat. 29-Apr</td>
<td>Challenge course preparation, final review</td>
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<td>May</td>
<td>Practical Final (LA Copa Challenge Course***</td>
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<tr>
<td>16</td>
<td>6-May</td>
<td>No class</td>
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<tr>
<td>17</td>
<td>13-May</td>
<td>Written final 4:30 – 7 pm</td>
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* Climbing gym- 3126 Holly Rd, Corpus Christi
** Pure fitness solutions -6181 Saratoga Blvd., Suite 109, Corpus Christi, TX 78414
***La Copa ranch- outside of Falfurrias about 90 miles away

The final exam is scheduled for **Wednesday, May 13, 2014, 4:30 – 7 pm.** Do not be late! Once the exam has begun, nobody will be allowed to enter the room. If you are late, you must immediately contact the instructor after he has completed giving the final exam. If your tardiness is excused, you may be allowed to take the exam by the end of the following day. There shall be no changes to the final exam date except for approved university business or if a student has three or more exams scheduled for that day. DO NOT MAKE TRAVEL PLANS TO LEAVE FOR THE SEMESTER BREAK BEFORE THE SCHEDULED FINAL EXAM DATE!

B. Class Policies

**Attendance/tardiness:** Students are required to punctually attend all class meetings. For full attendance credit students must be on time to class and participate in class activities. Excused absences are limited to participation in a TAMUCC sanctioned event or participation in a religious holy day as outlined in the University catalog. Any assignment, quiz, or test missed due to a TAMUCC sanctioned event must be completed prior to the absence.
Should you become unable to participate in your regular activity class, contact your instructor immediately regarding transfer to a modified activity class. The student must realize that there is a certain assumption of risk, which you engender when you participate in activity classes. You must be aware of this assumption.

**Late work and Make-up Exams:** Students must complete all assignment the deadline. Coursework, assignments, and quizzes may not be made up due to tardiness. *Consistent attention to assignment instructions and submission deadlines is critical to the successful completion of this course.*

**Extra Credit:** Up to 8% for outdoor rock climbing trip- Rec Sports trip on April 10-11, 2015

**Cell Phone/Electronic Device Usage:** Students are prohibited from using cell phones in class unless instructed to by the instructor. Students caught using cell phones in class will be asked to put them away or leave for the remainder of the class that day. Students must turn off their cell phone ringer and place the phone on silent or vibrate mode. Students may use laptops during class for class-related use only. Any student caught surfing the Internet, visiting social network sites, working on materials for other classes, or any other inappropriate use will be asked to turn off the laptop or leave class. Any student asked to leave class for violation of this policy will have 10 points deducted from his or her final course grade for each occurrence.

**Academic Integrity/Plagiarism.** University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.) Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved.

Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:
1. Written reprimand.
2. Requirement to re-do work in question.
3. Requirement to submit additional work.
4. Lowering of grade on work in question;
5. Assigning grade of 'F' to work in question;
6. Assigning grade of 'F' for course;
7. Recommendation for more severe punishment, such as dismissal from the program or from the University.

See the University Catalog for more information.
**Dropping a Class**

I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. (Include date for semester) is the last day to drop a class with an automatic grade of “W” this term.

**Preferred methods of scholarly citations**

**Classroom/professional behavior**

Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

**Statement of Civility**

Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

**Grade Appeals**

As stated in University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These
documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Dean’s office in the college in which the course is taught or the Office of the Provost.

Disabilities Accommodations
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Corpus Christi Hall 116.

If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.

Statement of Academic Continuity
In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

X. Required or Recommended Readings
N/A

XI. Bibliography
N/A

XII. List of Supplies
Closed toed Shoes