



Rock Climbing 1 – MAST 140

Mountain Adventure Skills Training Program

Course Outline

COURSE IMPLEMENTATION DATE: January 2003
OUTLINE EFFECTIVE DATE: September 2014
COURSE OUTLINE REVIEW DATE: March 2019

GENERAL COURSE DESCRIPTION:

This course introduces the student to the basics of top roped rock climbing. Students learn the basic knots, safety procedures, equipment and rope skills, group management and climbing techniques to safely set up and climb basic top roped climbs.

Program Information: This course is a requirement for the completion of the MAST certificate.

Delivery: This course is delivered face-to-face.

COTR Credits: 2

Hours for this course: 62 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	12
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	50
Other Contact Hours	
Total	62

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other: Field Experience	50
Total	50

Course Outline Author or Contact:

Brian Bell, Instructor/Coordinator

Signature

APPROVAL SIGNATURES:

Department Head

Ildi Walkley

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Dean of Instruction

Darrell Bethune

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Department Head Signature

Dean of Instruction Signature

EDCO

Valid from: September 2014 – March 2019

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: None

Corequisites: None

Flexible Assessment (FA): Certificate of rock climbing instruction

Credit can be awarded for this course through FA Yes No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

Transfer Credit: For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

Prior Course Number: MASD 112 ⇔⇔ MAST 140

Date changed: March 2009

Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Mountaineering Freedom of the Hills, 8th Ed. The Mountaineers, 2010.

Please see the instructor's syllabus or check COTR's online text calculator http://www.cotr.bc.ca/bookstore/cotr_web.asp?IDNumber=164 for a complete list of the currently required textbooks.

LEARNING OUTCOMES:

Upon the successful completion of this course, students should be able to

- demonstrate knowledge of construction, care and use of the basic climbing equipment, ropes, anchor placement equipment;
 - demonstrate proficiency in tying several key climbing knots and hitches;
 - climb top roped routes to a 5.8 standard;
 - understand safety and risk management procedures for top rope climbing venue;
 - demonstrate basic climbing abilities and techniques;
 - perform safe belay for climbing partners; and
 - assess climbing equipment suitability for different situations.
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COURSE TOPICS:

- Group equipment including, ropes, carabiners, slings, webbing, helmets, climbing footwear, belay devices, first aid kits
- Group management and attention to safety throughout the course
- International call system between climber and belayer
- Rappel skills
- Top rope anchor set up
- Various types of anchor placement equipment (anti facial protection)
- Climbing skills such as balance, footwork and body positioning to advance abilities

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

ESSENTIAL SKILLS DEVELOPED IN THIS COURSE:

Students can expect to develop the following skills in this course:

Skills for Busy Students

- Manage study time effectively
- Set educational priorities and goals
- Recognize personal learning style
- Use effective note-taking strategies
- Develop problem-solving and memory skills
- Practice strategies to reduce stress level and deal with anxiety
- Practice strategies to succeed at exams and test
- Use support systems and College resources

Getting Hired Skills

- Recognize personal skills and attributes

EVALUATION AND ASSESSMENT (Face-to-Face Delivery):

Assignments	% Of Total Grade
Organization and Preparation, Personal Management	10%
Initiative for Learning, Communication, Participation	15%
Team work, Expedition Behavior, Safety, Hazard Management	15%
Glacier Travel System	10%
Crevasse Rescue System	10%
Knots, Systems, Anchors,	15%
Movement Skills	10%
Written Tests and Quizzes	<u>15%</u>
Total	100%

EXAM POLICY:

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

COURSE GRADE:

COM	Completed to defined standard - 70%
NCG	No Credit Granted

Note: Students must attend all lecture and planning classes and complete 4 of 5 field days to complete the standard.

ACADEMIC POLICIES:

See www.cotr.bc.ca/policies for general college policies related to course activities, including grade appeals, cheating and plagiarism.

COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.