

## PDP OE 140 Rock Climbing, Beginning

Instructor:

Email:

Meets once per week: 1.0 Credit

### Course Description:

Learn all the skills necessary to boulder, climb on top rope, and top rope belay at any indoor climbing gym. Instruction will include tying in, belay technique, climbing communication, fundamental technique, safety procedures, and socio-environmental contexts for rock climbing.

### Rental Fee:

A \$40 rental fee is required for this class to cover rental of shoes, harness, belay device, and wear and tear on the ropes. Students will receive a “semester pass” for climbing gear to use at their will throughout the semester, including at open rec.

To register for the rental fee, navigate to the FitRec Rock Climbing page:

<https://www.bu.edu/fitrec/recreation/rock-climbing/>

Scroll down to where it says “Pay Credit Class Fees,” and click the green “Pay Now” button.

To request exemption from this fee, email [fittreks@bu.edu](mailto:fittreks@bu.edu) with your name, section number, and description and/or photo of your own climbing equipment. Do not assume you have been granted exemption until you hear back via email that you have been granted permission.

### Required Equipment:

All climbing gear will be included in the class. Students may feel free to bring their own gear, but must receive instructor permission by email in order to use personal gear.

Exercise clothing and/or pants that do not restrict movement are ideal. Basketball shorts or baggy clothing are not; they tend to be very uncomfortable when worn with a harness. Climbing shoes will be provided. Notify the instructor of any prior injuries at the start of the first class.

### Course Goals:

The purpose of the PDP rock climbing class is to provide an introductory to intermediate level of instruction for climbers with little to no climbing experience. Specific goals for students include:

- Learning the skills necessary to pass a belay test at an indoor climbing gym
- Learning the correct use of ATC and GRIGRI belay devices
- Learning the risks of the sport and how to mitigate them
- Developing an understanding of the different types of climbing, and an appreciation of the history, ethics, and scope of the sport
- Developing and practicing the fundamental skills and techniques to become a more proficient and efficient climber

**Grading Policy:**

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

INCOMPLETE (I): If you fail to meet the attendance requirements of this course, you may request an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester and fill out the Incomplete Grade Agreement Form here: <https://www.bu.edu/academics/hub/policies/incomplete-coursework/>. Your grade will be changed to a “P” once you have made up all classes and paperwork has been submitted and approved.

MISSING GRADE (MG): If you have not met attendance requirements and did not drop and have not made arrangements to request an Incomplete, Missing Grade will appear on your transcript. You may still be allowed to graduate, and it will not affect your overall GPA; however, you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it into the Registrar’s Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

**Attendance Policy & Make-Up Classes:**

Attendance of the third class is mandatory. If you miss the third class without prior communication with the instructor, you will be asked to drop the class.

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 3 unexcused absences. If you have more than 3 unexcused absences, you will need to arrange to make up the classes you have missed by attending another section of the course. Excused absences (such as illness or injury with a doctor’s note or death of a family member) will not count against your attendance record. Students who will be missing class, arriving late or leaving early for any reason should notify the instructor in advance. It is your responsibility to keep track of your attendance record and make up any classes you have missed. You may attend any of the other scheduled sections for a makeup class. You must make up missed classes before the last day of fall classes. Attending Open Recreation Hours is not a permissible make-up unless you have written permission from both the instructor and the Manager of Outdoor Programs.

**Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this

class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancellations as well as other announcements may also be posted here.

For a broader explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec's website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

**Student Conduct:**

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

**Schedule:**

<b>Day 1</b>	<p>Introductions/community-building</p> <ul style="list-style-type: none"> <li>● Go over course requirements and expectations (course expectations and student expectations)</li> <li>● Team building/name game</li> <li>● Explanation of course objectives</li> <li>● Explanation of risk and risk management strategies</li> <li>● Plan of action for today's class</li> </ul> <p>Lesson: Climbing Wall structure and types of climbing</p> <ul style="list-style-type: none"> <li>● Point out stations 0-8</li> <li>● Explain rules and regulations</li> <li>● Explain open recreation schedule and encourage attendance</li> <li>● Explain the difference between top roping and bouldering</li> </ul> <p>Bouldering Fundamentals</p> <ul style="list-style-type: none"> <li>● Basics of Footwork <ul style="list-style-type: none"> <li>○ Fit of the shoe</li> <li>○ Foot placement (using toes)</li> <li>○ Friction (angle of heels)</li> </ul> </li> <li>● Bouldering fall demonstration (spotting and why we don't require it in the gym)</li> <li>● Establish Warm-Ups <ul style="list-style-type: none"> <li>○ Arms, legs, hips, core, neck, wrists, fingers</li> </ul> </li> <li>● Bouldering traverse close to the ground to introduce climbing</li> </ul> <p><b>Recommended viewing:</b> <a href="#">Watch video: Project Diversify Outdoors</a></p>
<b>Day 2</b>	Warm-up

	<p>Explain climbing grades</p> <ul style="list-style-type: none"> <li>● Go over: Bouldering grades (V0, V1, etc.) and Top rope grades (5.6, 5.7, etc.)</li> </ul> <p>Lesson: Fundamentals of Technique</p> <ul style="list-style-type: none"> <li>● Introduce climbing with straight arms and reminder to climb on toes</li> <li>● Practice on boulders</li> </ul>
<b>Day 3</b>	<p>Warm-up</p> <p>Lesson: How to Belay Part 1</p> <ul style="list-style-type: none"> <li>● Demonstration of top roping with instructors as climber and belayer</li> <li>● Climber lesson <ul style="list-style-type: none"> <li>○ Proper gear fit</li> <li>○ Tie figure 8, figure 8 follow through, and six-inch tail</li> <li>○ Four checks: <ol style="list-style-type: none"> <li>1. Rope passes through both hard points</li> <li>2. Knot is within a fist-length distance from harness</li> <li>3. 5 pairs of 2 parallel ropes comprise the figure eight knot</li> <li>4. Tail is at least 6 inches</li> </ol> </li> </ul> </li> <li>● Belayer lesson: <ul style="list-style-type: none"> <li>○ Set-up belay with ATC</li> <li>○ Four checks: <ol style="list-style-type: none"> <li>1. Carabiner is through belay loop</li> <li>2. Carabiner is locked</li> <li>3. Rope and cable of ATC are through the carabiner</li> <li>4. Climber's rope comes out the top of the ATC and the brake end of rope comes out the bottom (and the teeth of the ATC, if present)</li> </ol> </li> <li>○ Belay motion: <b>Pull Brake Under Slide</b></li> </ul> </li> </ul>
<b>Day 4</b>	<p>Warm-up</p> <p>Lesson: How to Belay Part 2</p> <ul style="list-style-type: none"> <li>● Partner up</li> <li>● Review How to Belay Part 1</li> <li>● Demonstrate partner checks and communication check (two questions: one about the belay and one about climbing)</li> <li>● Explain how to brake and catch a fall</li> <li>● Climbers climb to six feet off the ground, "take," and belayers hold them off the ground</li> <li>● Instructors back up the belayers and teach lowering with two hands on the brake rope below the ATC</li> </ul> <p>Practice climbing and belaying to top of wall with back-up belay</p> <p>Close by going over all parts of belay test</p>
<b>Day 5</b>	<p>Warm-up</p> <p>Review belaying - conduct belay tests throughout this class</p> <p>Lesson: Climbing Vocabulary Part 1</p> <ul style="list-style-type: none"> <li>● Vocabulary: Send vs onsight vs flash vs redpoint</li> <li>● Vocabulary on types of holds: jugs, pinches, crimps, edges, slopers, pockets, volumes, undercling, side-pull</li> </ul> <p>Top-rope and determine flash grade / practice using new vocabulary</p>

<p><b>Day 6</b></p>	<p>Warm-up          Finish conducting belay tests throughout this class</p> <ul style="list-style-type: none"> <li>● Learn how to belay using a GRIGRI (use optional from now on)             <ul style="list-style-type: none"> <li>○ How they function, their advantages, their evolution  <a href="https://www.petzl.com/US/en/Sport/News/2015-7-22/The-GRIGRI-belay-device--a-concept-that-forever-changed-climbing">-https://www.petzl.com/US/en/Sport/News/2015-7-22/The-GRIGRI-belay-device--a-concept-that-forever-changed-climbing</a></li> <li>○ A fun spoof video that also links to a lot of useful info  <a href="https://www.youtube.com/watch?v=NJHVgkchcbw">https://www.youtube.com/watch?v=NJHVgkchcbw</a></li> </ul> </li> </ul> <p>Lesson: Climbing Vocabulary Part 2</p> <ul style="list-style-type: none"> <li>● Vocabulary on types of terrain: overhang, slab, vertical, arete, dihedral</li> <li>● Top rope climbing – goal is high volume and to try different types of terrain             <ul style="list-style-type: none"> <li>■ Ex. Up-ups or up-downs</li> </ul> </li> </ul> <p><b>Recommended viewing:</b> watch “Just Climb Through It” inspirational TED Talk from Ashima <a href="https://www.youtube.com/watch?v=dIz7n7KWIZY">https://www.youtube.com/watch?v=dIz7n7KWIZY</a></p>
<p><b>Day 7</b></p>	<p>Discuss and set personal S.M.A.R.T. goals          Warm-up          Lesson: Fundamentals of Technique</p> <ul style="list-style-type: none"> <li>● Concept of the body as a door and your feet as your base             <ul style="list-style-type: none"> <li>○ Static climbing: a manner of moving in a controlled manner by slowly adjusting your center of gravity within your base</li> <li>○ Dynamic climbing: a manner of moving effectively by quickly adjusting your center of gravity outside your base</li> </ul> </li> <li>● Option: Practice completing boulders or top rope routes a couple different ways: sloth-like, speedy, and your normal</li> <li>● Reflect and discuss static and dynamic climbing:             <ul style="list-style-type: none"> <li>○ When is each type most useful? Which do you prefer? Why?</li> </ul> </li> </ul>
<p><b>Day 8</b></p>	<p>Warm-up          Lesson: Sequencing</p> <ul style="list-style-type: none"> <li>● Define: beta</li> <li>● Explain “direction of pull” and “useable surface”             <ul style="list-style-type: none"> <li>○ Example: introduce gastons</li> </ul> </li> <li>● Explain matching and which holds can be matched/which should not</li> <li>● Discuss resting and how to do it effectively</li> <li>● Explain “chunking” or sequencing smaller sections between rests</li> </ul> <p>Practice sequencing hands and climbing without matching holds that were not intended to be matched          Practice climbing between two rests and timing your partner at each rest for 15-20 seconds</p> <p><b>Recommended Reading:</b> <a href="#">Chapter One: The Rock Warrior’s Way</a></p>
<p><b>Day 9</b></p>	<p>Warm-up          Lesson: Part 1 Verbal Communication</p> <ul style="list-style-type: none"> <li>● Adaptive climbing: Absence of visual communication             <ul style="list-style-type: none"> <li>○ Climbing blindfolded</li> </ul> </li> </ul> <p>Lesson: Part 2 Visual Communication</p> <ul style="list-style-type: none"> <li>● Adaptive climbing: Absence of verbal communication             <ul style="list-style-type: none"> <li>○ Come up with signals with your partner</li> </ul> </li> <li>● Continue top roping practice on different types of walls</li> </ul>

	<p><b>Recommended viewing/reading, an Introduction to adaptive climbing:</b></p> <ol style="list-style-type: none"> <li>1. <a href="https://www.youtube.com/watch?v=SX8t7FpPxlc">https://www.youtube.com/watch?v=SX8t7FpPxlc</a></li> <li>2. <a href="https://www.climbing.com/people/able-body-the-rise-of-adaptive-climbing/">https://www.climbing.com/people/able-body-the-rise-of-adaptive-climbing/</a></li> <li>3. <a href="https://www.rei.com/blog/climb/this-group-is-changing-the-way-climbers-communicate">https://www.rei.com/blog/climb/this-group-is-changing-the-way-climbers-communicate</a></li> <li>4. <a href="https://www.theatlantic.com/sponsored/rei-2018/five-ways-to-make-the-outdoors-more-inclusive/3019/">https://www.theatlantic.com/sponsored/rei-2018/five-ways-to-make-the-outdoors-more-inclusive/3019/</a></li> <li>5. <a href="https://www.browngirlsclimb.com/2018/03/21/stumble-upon-passion-chelsea-griffie-found-calling-become-rock-climber/">https://www.browngirlsclimb.com/2018/03/21/stumble-upon-passion-chelsea-griffie-found-calling-become-rock-climber/</a></li> </ol>
<b>Day 10</b>	<p>Warm-up Lesson: Fundamentals of Technique</p> <ul style="list-style-type: none"> <li>• Describe/demonstrate pivoting and the steps involved: <ol style="list-style-type: none"> <li>1. Determine which arm you need to reach with</li> <li>2. Pick a “pushing” foot on the same side of the body as the reaching arm</li> <li>3. Pivot the pushing foot and turn your corresponding hip to the wall as you reach</li> </ol> </li> </ul> <p>Practice pivoting every move up a top rope route Practice incorporating a pivot into the sequence for a boulder problem End with leg work-out</p>
<b>Day 11</b>	<p>Warm-up Lesson: Fundamentals of Technique</p> <ul style="list-style-type: none"> <li>• Review steps of pivoting</li> <li>• Describe/demonstrate flagging <ul style="list-style-type: none"> <li>◦ The foot flagging is opposite the pushing foot</li> </ul> </li> </ul> <p>Practice flagging every move up a top rope route Practice incorporating a flag into the sequence for a boulder problem End with core work-out <b>Recommended reading:</b> <a href="#">Leave No Trace Outdoors</a></p>
<b>Day 12</b>	<p>Warm-up Lesson: Intermediate Technique</p> <ul style="list-style-type: none"> <li>• Discuss heel hooks, toe hooks, bicycles, dynos, drop knees, back steps, etc.</li> <li>• Discuss mantles, palming, lay-backing, stemming (practice if terrain available)</li> </ul> <p>Practice climbing steep terrain, bouldering or top rope, try using heel hooks, etc. End with arm work-out <b>Recommended reading:</b> <a href="#">Climbing and Respect for Indigenous Lands</a></p>
<b>Day 13</b>	<p>Warm-up Lesson: Discuss Training</p> <ul style="list-style-type: none"> <li>• Strength = ability to hold on <ul style="list-style-type: none"> <li>◦ Hangboarding, projecting boulders, weight lifting, etc.</li> </ul> </li> <li>• Power = ability to move <ul style="list-style-type: none"> <li>◦ Campusing, limit bouldering, dynamic climbing, etc.</li> </ul> </li> <li>• Endurance = ability to keep moving over many moves in succession <ul style="list-style-type: none"> <li>◦ Up-ups, up-down-ups, ARC (Aerobic, Respiration, and Capillarity) training, etc.</li> </ul> </li> <li>• Power Endurance = ability to complete many difficult moves in succession</li> </ul>

	<ul style="list-style-type: none"><li>○ 4x4s, boulder up-down-ups, boulder pyramids, stick game (link moves to failure), etc.</li></ul> <p>Revisit your S.M.A.R.T. goal and complete an appropriate training exercise</p> <p>End with stretching</p>
<b>Day 14</b>	<p>Warm-up</p> <p>Modified V-point team challenge! (revisit flash grades)</p> <ul style="list-style-type: none"><li>● Send of boulder<ul style="list-style-type: none"><li>○ At flash grade = 10 points</li><li>○ One below flash grade = 5 points</li><li>○ One above flash grade = 15 points</li></ul></li><li>● Send of a route<ul style="list-style-type: none"><li>○ At flash grade = 20 points</li><li>○ One below = 15 points</li><li>○ One above = 25 points</li></ul></li><li>● Team with the most points wins!</li></ul>