

PDP OE 340 Rock Climbing, Advanced

Instructor:

Email:

Meets Weekly for semester: 1.0 Credit

Maximum 16 students per section

Course Description:

Learn intermediate rock climbing skills including how to read routes, climb both safely and efficiently, train for more advanced climbing, and practice mock lead climbing and mock lead belay. This course also explores social and environmental issues related to rock climbing. Must have taken PDP OE 140 Rock Climbing, Beginning or have equivalent experience. With questions about climbing experience, please e-mail fittreks@bu.edu.

**To enroll you must be Belay Certified at BU.

Course Fee:

If a student needs to rent climbing gear there is a \$40 course fee for this class. Equipment needed for this course includes but is not limited to: climbing shoes, harness and belay device. Students will receive a "semester pass" for climbing gear to use at their will throughout the semester, including at open recreation. Personal climbing equipment must pass a safety inspection from the course instructor. Students who possess the three pieces of equipment (shoes, harness, and belay device) may opt out of the course fee.

To register for the course 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.

Required Equipment:

All climbing gear will be included in the class. Students may feel free to bring their own 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, harness, and helmet 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 advanced skills class for rock climbers with previous experience, or who have taken Rock Climbing OE140. Specific goals for students include:

- 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
- Learn and practice techniques and skills that will help you progress as a 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.

I – INCOMPLETE: 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.

MG – MISSING GRADE: 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 an Audit Request form and turn them 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:

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 climbing PDP class. 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 the other scheduled section 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 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 cancelations 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).

Schedule:

Week 1: Intros & Overview

- Introductions
 - Review course requirements and expectations
 - Explanation of course objectives
 - Explanation of risk and risk management strategies
 - Plan of action for the class
 - Warmups: Bouldering
- Belay Lessons and Tests:
 - Communication & Safety Checks
 - Common mistakes in belaying
- **Homework - Review before class:** Context of Rock Climbing
 - [National Geographic Article on Rock Climbing:](https://www.nationalgeographic.com/adventure/activities/climbing/reference/rock-climbing/)
<https://www.nationalgeographic.com/adventure/activities/climbing/reference/rock-climbing/>
 - [Age of Ondra Part I -](https://www.redbull.com/us-en/episodes/age-of-ondra-part-1-reel-rock-s5-e2)
<https://www.redbull.com/us-en/episodes/age-of-ondra-part-1-reel-rock-s5-e2>
 - What will be covered during this course?
 - How to set goals, engage training, and send effectively

Week 2: Bouldering Evaluations & Route Grades

- Bouldering Benchmark Climbs
- Diving into Grades and Visualization
 - Angle of Wall
 - Wall Features
 - Types of Holds
 - Difficulty of Moves
 - Sequences
 - Strenuous Sections

- How and Where to Rest
- Visualizing Moves
- **Homework:** Review before class
 - [Eight Simple Ways to Improve Climbing](#)
 - [A Beginner's Guide to Visualization Training](#)
 - [Route Reading](#)

Week 3: TR Evaluations & Climbing Efficiently

- TR Benchmark Climbs
- Balance, Balance, Balance
- **Homework:** Review before class
 - [Six Tips for Better Climbing Balance](#)
 - [Seven Drills to Improve Footwork](#)

Week 4: Exercises

- Warm Up Exercises
- Flexor/Extender Training -- Working out OFF the wall for better climbing
- **Homework:** Review before class
 - [Workouts for Climbers](#)
 - [Climbing Techniques](#)
 - [Five Biomechanical Tips to Improve Your Climbing](#)

Week 5: Routes Routes Routes

- Crushing the Crux
- Routesetting Demo and Forerunning

Week 6: Reps, Reps, Reps!

- Bouldering Laps
- **Homework:** Review before class
 - [Projecting 101 - 6 Tips to Sending Your Project](#)

Week 7: Mentality of Climbing

- Mental training and projecting
- **Homework:** Review before class
 - [Six Concentration Drills to Improve Your Climbing Focus](#)
 - [10 Mental Training Techniques for Climbing](#)
 - [Age of Ondra Part 2](#)

Week 8: Projecting

- How to project effectively
- Getting shut down and trying again
- **Homework:** Review before class
 - [Age of Ondra Part 3](#)

Week 9: Intro to Comp Climbing

- What Makes a Comp Climb?
- How to approach and strategize in a comp
- **Homework:** Watch the Olympics Bouldering Sections:

- Men's: <https://www.youtube.com/watch?v=9LXySxPDZx0&t=3640s>
- Women's: https://www.youtube.com/watch?v=9n1zd_bW43U

Week 10: Mock Lead

- Skill: How to Clip
- Exercise: Mock Lead Climbing
- **Homework:** Watch these 1-2 minute videos before class
 - Lead Climbing: <https://www.youtube.com/watch?v=RJZ8OxYP5T4>
 - Proper Clipping: <https://www.youtube.com/watch?v=NwbXDakBYUw>
 - Back Clipping: <https://www.youtube.com/watch?v=7oQVqZHAjpl>
 - Z-clipping: <https://www.youtube.com/watch?v=T8A1XQ8Qmak>

Week 11: Mock Lead Belay

- Instruction: How to give a lead belay
- **Homework:** Lead belaying: https://www.youtube.com/watch?v=S_F1MfVGOzk&t=1s

Week 12: Mock Lead Falls

- Instruction: How to take a whipper
- **Homework:** Review before class
 - [Weekend Whipper](#)

Week 13: Final Evaluations

- Tracking progress from the start of the semester in either TR or bouldering
- What progress was made?
- How to continue progress into the new season:
 - Spring/Summer: Starting to get outside
 - Fall: Sending outdoor projects
 - Winter: Strength training