

# HHPA 102 : BEGINNING ROCK CLIMBING

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## Transcript title

Beginning Rock Climbing

## Credits

1

## Grade mode

Standard letter grades

## Contact hours total

30

## Other hours

30

## Description

Provides an introduction to rock climbing.

## Learning outcomes

1. Explain the relationship between human behavior and health.
2. Tie a figure-8 follow through backed up with a stopper knot, a water knot (ring bend), and a double fisherman's knot.
3. Safely belay a climber on top-rope, including use of appropriate belay commands.
4. Safely rappel using a figure-8 rappel device or tube style rappel device and a prussic back-up.
5. Analyze an anchor system for the key components of: solid anchors, redundancy, equalization, and no extension.
6. Safely utilize basic climbing equipment including a climbing rope, harness, carabiners and belay/rappel devices.

## Content outline

Introduction  
Bouldering  
Harnesses  
Shoes lecture  
Footwork technique  
Types of protection  
Carabiner  
Water-knot, Double fisherman's knot  
Anchor system  
Rappel introduction and practice  
Rating systems

## Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student. Harnesses, belay devices, and carabiners are provided by COCC. Climbing shoes are provided by Bend Rock Gym.

## Grading methods

Students complete journal/essay assignment highlighting any perceived effect of the respective activity on their health.

## General education/Related instruction lists

- Health