

HHPA 103 : TRAINING FOR ROCK CLIMBING

Transcript title

Training for Rock Climbing

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Provides training for rock climbing.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Demonstrate competency of various climbing footwork techniques.
3. Analyze and perform dynamic movements specific to climbing.
4. Describe various training exercises used to develop muscular endurance, power, and strength.
5. Demonstrate the proper use of different training apparatus in order to minimize the risk of injury.
6. Demonstrate an understanding of common rock climbing injuries and methods for prevention.
7. Incorporate appropriate levels of stretching and core strength training required for rock climbing.

Content outline

- Syllabus review, goal setting, climbing assessment
- Introduction to basic training concepts power vs endurance vs sustained power
- How to project
- Body position drills
- Footwork drills
- Dynamic movements and training apparatus for dynamic movements
- Core training for climbing
- Common climbing injuries and exercises to prevent them
- Flexibility for climbing- hyper vs hypomobile
- Climbing and goal reassessment

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.

General education/Related instruction lists

- Health