

# HHPA 104 : INTERMEDIATE ROCK CLIMBING

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## Transcript title

Intermediate Rock Climbing

## Credits

1

## Grade mode

Standard letter grades

## Contact hours total

30

## Other hours

30

## Description

This class focuses on preparing the student to transition into a lead sport climber. This class builds upon the skills covered in the beginning rock climbing courses, including advanced belay techniques, belay/ rappel transitions, and anchor building in a sport climbing environment. Students will develop a plans to improve their climbing techniques, strength and endurance.

## Learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of rock climbing to develop overall physical fitness and enhance sport activities.
3. Demonstrate correct lead climbing practices, including correct clipping, rope positioning relative to the body, falling technique, and belay technique.
4. Demonstrate correct climbing technique as covered in the class.
5. Demonstrate how to correctly "thread the anchors".
6. Demonstrate an attitude based in safe climbing practices and good decision making.

## Content outline

Intro to Intermediate Rock Climbing  
Climbers Play Techniques  
Bouldering and op-rope belay check-off  
Lead climbing  
How to fall drills  
Introduce the Gri-gri  
Red-point climbing,  
On-sight trials  
Stick-clipping  
Competition climbing

## 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 re provided by Bend Rock Gym.

## Grading methods

This course will include attendance in the grading and may include written work, quizzes, journal projects and other assignments.

## General education/Related instruction lists

- Health