

Montgomery College
PHED 177: Rock Climbing/Outdoor Challenge
CRN#

COURSE DESCRIPTION:

Utilizing group building activities and discussion, personal reflection, and instruction in basic outdoor skills including novice to intermediate rock climbing, safety, techniques, and other related skills, this course is designed for the student desiring to improve the way they face life and its adversities by improving their self confidence and decision making process. Lectures, demonstrations, films, and training at local and, possibly distant, wilderness areas are used to strengthen the student's learning of these skills.

INSTRUCTOR:

CLASS MEETINGS:

OFFICE HOURS:

TEXTS USED: *Mountaineers, The*
 Mountaineering: Freedom of the Hills (**Required**)

COURSE OBJECTIVES:

The student should be able to:

1. To be able to review their thoughts and decisions objectively.
2. To learn to work through differences for the good of the group.
3. Understand the language and terminology of mountaineering, rockcraft and sport climbing.
4. Identify and describe safety-related components of rock climbing and outdoor principles:
 - a. Identify and tie appropriate knots.
 - b. Identify and use proper belay devices and techniques.
 - c. Identify and describe proper top system set-up.
 - d. Identify and describe proper descending techniques.
 - e. Identify and describe proper use of equipment.
 - f. Identify and describe proper safety commands.
5. Practice the skills and techniques necessary for successful climbing
6. Have an understanding of climbing etiquette and tradition.
7. Identify the local, regional and national organizations relating to mountaineering and the sport of climbing, and to be able to identify ways to research various outdoor subjects.
8. Develop the skills necessary to interact with others in the climbing community.

COURSE REQUIREMENTS AND GRADING PROCEDURES:

Students are required to:

- a. Attend class.
- b. Participate in scheduled climbs and activities. This may involve traveling to local or more distant wilderness areas.
- c. Take quizzes in written, oral, and hands-on form.
- d. Complete one journal entry per class – can be written or typed. Minimum of 2 paragraphs or the equivalent (can be a drawing, haiku, etc.). Topic should be related to your experiences in class that day. All journals should be turned in at the last class.

GRADING:

Students will be graded as follows:

*Class Participation	50%	A = 90-100
*Quizzes	20%	B = 80-89
*Exam	20%	C = 70-79
*Journal	10%	D = 60-69
Total	100%	F = Below 60

ATTENDANCE POLICY:

The college has in place an attendance policy that will allow an instructor to request a student be dropped from a class if the student's absences exceed the number of class sessions per week. For every class a student misses, 25% is deducted off the final grade. Students should attempt to attend all classes as a great deal of material is presented that may not be suitable for makeup. Students who may think it is difficult to fulfill the above requirements should consider auditing the course.

We are committed to accommodating students with disabilities. Please let your instructor know of your needs.

VOLUNTEER ASSISTANTS:

This course utilizes the help of many volunteers. Most have taken the class and returned to help with other classes. By using these special people, we can give more personal instruction and care to the individuals enrolled in the course. Please be thankful that there are so many willing to help. Remember to thank those that help you during your semester.

LEAVE NO TRACE PRINCIPALS:

We follow the principals of Leave No Trace outdoor ethics. All students are expected to know and follow these during class.

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
- 4. Leave What You Find**
5. Minimize Campfire Impacts
6. Respect Wildlife
- 7. Be Considerate of Other Visitors**

COURSE OUTLINE/SCHEDULE & READINGS:

****Schedule subject to change according to the weather. Never assume that class is cancelled ****

****All readings from Mountaineering: Freedom of the Hills****

- WEEK 1 -** *Class introduction, overview, groups activities and trust skills, commands, safety equipment and equipment care, knots, basic climb, journal work, and group discussion.*
Ropes, Knots, and Carabineers
- WEEK 2 -** *Group activities, safety review, equipment review, knots review, overview of anchors, commands review, belay techniques, basic climbs, journal work, and group discussion.*
Belaying
Rock-Climbing Technique
- WEEK 3-** *Group activities, safety review, equipment review, knots review, overview of anchors, commands review, belay techniques, basic climbs, journal work, and group discussion*
First Aid -
: Rating System
- WEEK 4 -** *Review, group activities, Quiz – safety, knots, commands, rappels, top rope setup; continue basic climbing, journal work, final group discussion, and final exam.*

Other Useful Readings:

Rappelling, Rock Protection, Leadership

DIRECTIONS To Sugarloaf Mountain from Montgomery College (Rockville, MD)

Proceed out of the parking lot and TURN RIGHT on MANNAKEE STREET

Go down 1½ blocks to the stop sign and TURN RIGHT onto NELSON STREET

At the light TURN RIGHT onto W MONTGOMERY AVENUE (ROUTE 28)

Stay in the right lane and BEAR RIGHT onto I 270 NORTH

Travel approximately 12 miles. After the Weigh Station, BEAR RIGHT onto EXIT 22 to ROUTE 109 West towards Comus and Sugarloaf Mountain

Continue RIGHT off the ramp onto ROUTE 109 for approximately 3 miles

TURN Right onto COMUS ROAD (Comus Inn is on the right-hand corner)

You will come to a stop sign before a clearing with parking on the left and right sides. Take the 2nd RIGHT HAND TURN into the entrance for SUGARLOAF MOUNTAIN (the driveway is in the center of the row of parking to the right)

Once inside the gate, pass the long building and VEER RIGHT to go up the mountain.

Don't drive onto any of the smaller gravel roads; stay on the main paved road which will zigzag up the mountain. You will approach your first parking area marked "East View" on your right side. **STOP! Is your class climbing at Devil's Kitchen? If so, park here in this lot. If not, VEER LEFT** to continue up the mountain to the "West View".

Immediately after passing the East View parking lot, you will see "Devil's Kitchen" on your right. You will see a sign for two-way traffic. Stay to the right and continue UP the mountain.

You will approach a circle. Take the first RIGHTHAND turn off of the circle, continuing up the mountain. Park in the parking lot just past the snack shack (little wood hut) and Port-A-Jon's.

We will meet in this parking lot. Once we leave the lot it will be very difficult to find us. Therefore, you need to be on time as we have a very tight schedule to keep. If you should experience an emergency, you may be able to reach me on my cell phone. Although if I do not answer, leave a message because there is not always a signal on the mountain.