

Common Course Outline

PEOD 110

Mountaineering II

2 Semester Hours:

The Community College of Baltimore County

Description

Mountaineering II

Provides intermediate knowledge and skills in rock, sport and multi-pitch climbing; emphasizes terminology, equipment and safety; covers the more advanced skills of multi-pitch climbing and belay, intermediate rope and knotcraft and the opportunities to build anchors and rope systems. Taken as an 8-week spring semester offering or in four condensed days in the summer session. This course may be used to fulfill 2 elective credits

Overall Course Objectives

Upon successfully completing a course in Mountaineering II, students will be able to:

1. understand the language of intermediate rock, sport and multi-pitch climbing;
2. identify and describe safety-related components of multi-pitch rock climbing practices;
3. analyze situations that relate to intermediate rock climbing safety;
4. demonstrate the skills necessary to achieve an intermediate level of rock climbing ability;
5. communicate effectively in writing, speaking or signing mountain-related information.

Major Topics

1. Relative History of Climbing
2. Safety and Terminology
3. Intermediate and Advanced Equipment
4. Intermediate Ropecraft
5. Intermediate Knotcraft
6. Intermediate Rockcraft
7. Top Rope Skills and Anchors
8. Intermediate and Advanced Sport Climbing
9. Intermediate Rappel Skills
10. Intermediate Belay Techniques and Skills

Course Requirements

1. Three belay evaluations
2. Seven knotcraft evaluations
3. Four intermediate rappel evaluations
4. One cordalette evaluation
5. One multi-pitch climbing experience
6. Completed outcomes checklist

Other Course Information

PEOD 110 cannot be taken before PEOD 109. Any exceptions must be approved by the instructor.
PEOD 110 is offered in the spring and summer semesters only.
PEOD 110 is not limited or restricted by age or ability. Anyone with a physical limitation, however, such as hearing or visual impairment, should first confer with the instructor.