

Common Course Outline

PEOD 109

Mountaineering I

2 Semester Hours:

The Community College of Baltimore County

Description

Mountaineering I

Provides basic beginning knowledge and skills in rock and sport climbing; emphasizes terminology, equipment and safety; covers the skills of climbing, rappel and basic rope work. 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 basic rock and sport climbing;
2. identify and describe safety related components of rock climbing practices;
3. identify, relate to and practice the latest climbing technologies;
4. utilize the skills and commands necessary for successful top rope climbing on a beginner level;
5. communicate effectively in writing, speaking or signing mountain-related information.

Major Topics

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

Course Requirements

1. Three belay evaluations
2. Four knotcraft evaluations
3. Four rappel evaluations
4. One climbing safety questionnaire

Other Course Information

PEOD 109 must be taken before PEOD 110. Any exceptions must be approved by the instructor.

PEOD 109 is offered in the spring and summer semesters only.

PEOD 109 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.