

Eastern Washington University

Climbing Clinic: PHED 125-036

2022-2023

Information

Instructor: Haley Golden
(509) 359-4015
hgolden1@ewu.edu

Class Location: EWU Climbing Wall
University Recreation Center

Class Time: TBD

Course Description

The climbing clinic will be conducted as a two-hour class session held every Monday where you can count on the same students and instructor to be with you for the entire quarter. The instructor will identify your climbing goals, strengths and weaknesses and then work with you to develop and implement a plan throughout the quarter to fulfill your goals. The goals you can set for yourself may start with having a reliable climbing partner for 2 hours per week or include more intro level coaching of climbing movement. You may also choose to increase your climbing skills through a regimen of basic climbing strength and conditioning training prescribed by your instructor to strengthen your identified weaknesses. This course utilizes resources from 3 books, the Falcon Guides: Climb to Fitness, The Rock Climber's Exercise Guide, and Better Bouldering.

Course Objectives:

- Improve climbing movement/technique
- Improve strength
- Improve endurance
- Meet other climbers that you can continue to climb with

Course Disclosure

Rock climbing is an inherently dangerous sport. Novice and expert climbers are injured and die every year (even in climbing gyms); however, modern equipment and proper instruction can minimize most risks. Rock climbing can be a blast, but take it seriously.

Grading and Evaluation Procedures

Criteria for evaluation in this class include meeting the specifications of individual assignments as well as active participation in class sessions.

Grading will follow normal university standards.

Final grades are broken down as follows:

<i>Assignment</i>	<i>percent</i>	<i>points</i>
Class Participation	70%	70
<u>Training Log</u>	<u>30%</u>	<u>30</u>
Total	100%	100 pts

Class Participation

Class participation accounts for most of your grade. You can miss one class without losing points; if you have three or more unexcused absences, you will receive a 0.0 for the quarter. Contact the instructor in advance if you are going to miss a session. Lack of cooperation, behaviors that affect the instructor's ability to teach, and behaviors that compromise safety may result in a lowered class participation grade. Turn cell phones off.

Training Log

Each student will be responsible for journaling about your training regimen in this course. Time will be allowed at the end of each session. You are also encouraged to journal about any climbing time outside of this class during the quarter

Training Log Assignment

Due on _____

Journal about your climbing experience at the end of each class session. Each entry must include the following:

- Date
- Duration
- Focus/Insights/Notes
- Every detail of how you feel....any improvements?
- Time
- Style (top rope or bouldering)
- What you ate that day

Class Schedule

Week 1)

- Introduction
- Syllabus and course overview
 - Class goals
 - Journal goals
 - Warm up (every day)
 - Workouts overview
 - Climb

Once we have met and identified your personalized clinic approach, your weekly activities may change from week to week. Listed here are some of the possible training activities:

For Endurance

- Rambos
- Hard up, easy down, hard ups
- Try hard route
- Up, downs
- Extra Weight

For Power

- 4 x 4
- Campusing
- Boulder Session
- 5 Block Training circuit
- Cut feet exercise

For Technique

- Climbing/coaching