# COURSE DESCRIPTION CARD - SYLLABUS

Course name
Climbing [C_CS>Wsp30]

## Course

Field of study
Architecture

Year/Semester
1/2

Area of study (specialization)
Air Transport Safety
Unmanned Aerial Vehicles
Technical Electrochemistry
Composites and Nanomaterials
Air Traffic Organisation
Aircraft Piloting
Aircraft Engines and Airframes
Onboard Systems and Aircraft Propulsion
Organic Technology
Polymer Technology
Heating, Air Conditioning and Air Protection
Water Supply, Water and Soil Protection
null

Profile of study
general academic

Level of study
first-cycle

Course offered in
polish

Form of study
full-time

Requirements
elective

## Number of hours

Lecture
0

Laboratory classes
0

Other (e.g. online)
0

Tutorials
30

Projects/seminars
0

## Number of credit points

0,00

## Coordinators

mgr Agata Ostrowska
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## Lecturers

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## Prerequisites

The student has no health contraindications to active participation in the class Ability to move at height Equipped with appropriate climbing shoes and sports attire

## Course objective

Basics of climbing without belay (bulldering) - insertion, three support points, traverses, frog position, use of twists, moving on a cross, reset Moving on straight walls, slants, overhangs and in the roof Degrees of difficulty - markings of ballads and climbing routes. The use of colored holds. Learning how to belay: safety conditions, putting on a harness and clipping in a rope, basic knots used in climbing (e.g. figure eight or double figure eight), securing the climber and the belayer, basic commands - "I can go", "give a block" or "give a pit", choosing a rope, falling off the wall, going downhill Climbing "on the rod" Static and dynamic ropes - unfolding, hanging and retracting after completing exercises.... Exercises - techniques of the climber's use (frog position, use of twists, moving on the cross, limbering and stretching exercises, formation of climber's strength and endurance, games in teaching climbing (such as flood or dokładanka) Climbing competitions - scoring Climbing "with a pit" - safety conditions, teaching how to make a pin, spotting, issuing and selecting a rope, belaying

## Course-related learning outcomes

lack

## Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

The student obtains credit for the course mainly through active and regular participation in class.

## Programme content

Learning belaying
Exercises - techniques of the climber
Flexibility and stretching exercises
Shaping the climber's strength and endurance
Games in teaching climbing

## Teaching methods

Methods of description, explanation and practical exercises of students

## Bibliography

"Climbing Training" by Eric J. Hörst
"Training planning in sport climbing" by David Macià Paredes

## Breakdown of average student's workload

| | Hours | ECTS |
|---|---|---|
| Total workload | 30 | 0,00 |
| Classes requiring direct contact with the teacher | 30 | 0,00 |
| Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation) | 0 | 0,00 |