COURSE DESCRIPTION CARD - SYLLABUS

Course name
Climbing [C_CS>Wsp30]

Course

Field of study
Automatic Control and Robotics

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
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
0

Tutorials
30

Projects/seminars
0

Number of credit points

0,00

Coordinators

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Lecturers

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

Knowledge of occupational health and safety regulations when using a climbing wall
Belaying skills
Knowledge of basic and advanced climbing techniques
Knowledge of flexibility exercises
The ability to develop a climber's strength and endurance
Fun in teaching climbing

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Completing the course is achieved through active and regular participation in classes.
Two absences are possible without the obligation to make up or justify 30 hours per semester.
The student is obliged to make up for remaining absences and short-term sick leave in consultation with his/her teacher.
It is possible to complete two classes a week.
You can participate in physical education classes no more than once a day.
Classes must be made up on a day other than the scheduled classes.

Programme content

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

Course topics

Health and safety regulations regarding activities on the climbing wall
Basics of climbing without belays (bouldering):
-insertion
-three support points
-traverses
-frog position
-use of twisted pairs
-moving on the cross
- reset
Moving along straight walls, sloping walls, overhangs and in the roof
Difficulty levels - markings of canopies and climbing routes
The use of colored grips.
Learning how to belay: safety conditions, putting on a harness and attaching a rope, basic knots
securing the climber and the belay person
basic commands - "I can go", "give me a block", or "let me go down", choosing a rope, falling off the wall, sliding down
Climbing the Fishing Rod

Static and dynamic ropes
unfolding, hanging and rolling up after completing the exercises…
shaping the climber's strength and endurance
fun in teaching climbing
Climbing competition – scoring
Climbing "downhill" - safety conditions
spotting, issuing and selecting the rope, belaying

Teaching methods

- verbal description
-show
- practical exercises

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