



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Climbing [C\_CS>Wsp30]

### Course

Field of study

Bioinformatics

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

0

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

mgr Agata Ostrowska

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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 (bouldering) - 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