



COURSE DESCRIPTION CARD - SYLLABUS

Course name

Climbing [C_CS>Wsp15]

Course

Field of study

Civil Engineering

Year/Semester

1/1

Area of study (specialization)

Construction Engineering and Management

Profile of study

general academic

Level of study

second-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.

One absence is allowed without the obligation to make up or excuse it for 15 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	15	0,00
Classes requiring direct contact with the teacher	15	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00