

Course: Womens Rock Climbing -ACT 233 02
Instructor: Walter Hailes
Climbing Instructor
Freestone Climbing Center Inc.
Missoula, MT 59802
406-541-1584
info@freestoneclimbing.com

Days and class time: 2:10 pm – 3:00 pm Monday and Wednesday

Location: Freestone Climbing Center
935 Toole Ave
Missoula, MT

Overview: ACT 233 02 is a climbing course that fits all ability levels. Students will work on building foundational skills and knowledge, improving technique, and confidence. Students will be taught basic through advanced climbing technique and explore the different outlets the sport offers.

Objectives: Learn and Improve climbing technique.
Learn the various aspects of the sport.
Climb injury free.

Requirements (attire, equipment, etc.):

Attire: Come to every class prepared to climb (shoes and chalk bag). Any student that is unable to participate due to inappropriate attire will be marked absent for the day. Gear will be available to rent.

Equipment provided: Steep walls, sick routes

Grading/attendance: All students receive 6 hours of allowed absences during the semester and are still eligible to receive credit. All absences count as such, even if for documented medical illness/injury, family emergency, sleeping in, missing class to study for a test, University of Montana sponsored events, personal days not recognized by UM, or staying out too late the night before. In other words, **WE DO NOT EXCUSE ABSENCES FOR ANY REASON**. We do recognize significant events and in some circumstances might extend a student's number of allowed absences as follows: If a student experiences a significant event (for example, a **documented extended** illness, major injury, or the death of an immediate family member) the ACTivity Class Director will work with the student to complete a "Petition to Extend Allowed Absences" or assist with class withdrawal. Students should consult their instructor immediately if they have special needs related to their attendance. **Petitions to Extend Allowed Absences are not permitted after the last instructional day prior to finals week**, and are available from ACTivity Class Instructors, McGill Hall 117, or the HHP website at: http://coehs.umt.edu/departments/hhp/activity_classes/petition/default.php

A note from the Curry Health Center or other medical provider that serves as documentation that a student missed class to see them about a minor illness or routine appointment will NOT be considered an excused absence. Students cannot petition to extend absences when missing a single ACTivity Class for any reason. Missing a single ACTivity Class will count towards the 6 hours of allowed absences each student receives for the semester.

It is strongly recommended that students plan ahead and save their 6 hours of allowed absences for minor illnesses or other unexpected events that may take place throughout the semester. Missing 7 or more hours will result in a grade of "NCR" (No-Credit). Due to the large number of ACTivity Classes and limited facility availability we do not offer make-up classes or other alternatives to making up for missed hours (papers, reports, etc.).

Misconduct: Academic misconduct is subject to an academic penalty by the course instructor, ACTivity Class Director and/or disciplinary sanction by the University of Montana. Academic misconduct is defined as all forms of academic dishonesty. The Student Conduct Code is available on the UM website at:

http://life.umt.edu/vpsa/student_conduct.php

In particular, Student Conduct Code Section IV.a.5 identifies the following violations:

Submitting false information: Knowingly submitting false, altered, or invented information, data, quotations, citations, or documentation in connection with an academic exercise

As this relates to HHP ACTivity Classes, examples of previous Student Conduct Code violations pursued by the HHP Department include, but are not limited to:

- Printing/signing another student's name on an ACTivity Class attendance sheet
- Having another student participate in an ACTivity Class for you and printing/signing your name
- Signing in at the beginning of class and leaving instead of participating
- Forging documents to substantiate special circumstances as noted above

Student Conduct Code Section V.D.2 identifies the following violation:

Faculty members have the independent authority to exclude a student from any class session in which the student displays disruptive behavior that threatens the learning environment or safety and well-being of others in the classroom. The student remains eligible to return to the next class session. The faculty member maintains the authority to remove the student from each class session during which the student is disruptive.

As this relates to HHP ACTivity Classes, any student removed from class for any of the above mentioned reasons will be marked absent for that day.

Safety: Let your instructor know if you have any preexisting injuries or if you are pregnant. Immediately report any in-class injuries to your instructor. Listen to your body and go at your own pace.

Semester schedule: ****This schedule is subject to change at Freestone's discretion****

WEEK 1	Attendance policy, class rules, equipment, syllabus, fees
WEEK 2	Basic Climbing Introduction / Warm up
WEEK 3	Injury prevention / Spotting
WEEK 4	General technique
WEEK 5	Hold types and hand positions
WEEK 6	Vertical climbing skills
WEEK 7	Overhanging climbing skills
WEEK 8	Overview of different climbing disciplines
WEEK 9	Cross training
WEEK 10	Advancing Technique (foot work)
WEEK 11	Advancing Technique (body positions)
WEEK 12	Advancing Technique (pushing vs. pulling)
WEEK 13	Dynamic movement and power
WEEK 14	Endurance
WEEK 15	Skill building games