

**Course:** Fundamentals of Rock Climbing, ACT 114 02  
**Location:** Fitness & Recreation Center (FRC) Climbing wall, and two field days  
**Days and class time:** September 13 (wall 9am-3pm), Sept 20 (Lolo 9am-4pm), Sept 21 (Kootenai 9am-4pm), Oct 4 (Rattler 9am-4pm). Field trips meet at the Outdoor Program. The field days to Lolo, Kootenai, and Rattler are from 9am-4pm, meeting at the Outdoor Program in the Fitness and Recreation Center.

**Instructor:** Elizabeth Fricke  
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**Overview:** ACT 114-02 is an introduction rock climbing. Students will learn the fundamentals of movement, belaying, communication, and get an introduction to rappelling and basic anchors. We hope that this one credit class gets people excited to go climbing more on their own and to acquire the knowledge to stay safe while climbing indoors or outdoors.

**Objectives:**

1. Learn the some basic movement techniques for rock climbing both indoors and outside.
2. Introduction to basic equipment (harnesses, belay devices, carabineers, webbing and ropes)
3. Learn how to belay safely.
4. Learn the essential knots for rock climbing and know how to tie them well every time.
5. Learn and practice the universal standard communication commands for climbing partnerships.
6. Have an exposure to rappelling and to basic anchor building.

**Requirements (attire, equipment, etc.):**

**Griz Card:** All students must have their Griz Card every day to enter the FRC. Any student denied access to the FRC for any reason will be marked absent for the day.

**Attire:** Loose comfortable clothing. Come prepared to climb and to be involved. We wear harnesses so wear pants that would be comfortable under a harness. Any student unable to participate due to inappropriate attire will be marked absent for the day.

**Equipment:** Harnesses, Shoes, Helmets, and belay devices will be provided for each student at no extra charge. Some people like to use chalk (which we sell), but we only allow the use of chalk balls at our gym due to equipment and air quality issues. We advise you to purchase a chalk bag from an outdoor store if you think you will be a chalk user. You are welcome to bring your own gear if you have it. For the field days, you will need to bring a small pack that can fit your personal equipment, 2 water bottles, lunch, rain gear and clothing for cold or hot weather. We all help carry the group gear (ropes, carabineers, etc.) as well.

**Grading/Attendance:** All students are allowed 6 hours of absences during the semester without jeopardizing their 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.

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.).**

Punctual attendance and appropriate attire is required of all students. Students are required to be dressed out and ready to participate at the beginning of class, and participate for the duration of the class. Any student that is unable to participate for the duration of the class due to late arrival, early exit, or inappropriate attire will be marked absent for that hour. Students should plan accordingly to meet these requirements. ACTivity Class Instructors have the independent authority to allow their **entire class** no more than 5 minutes of flexibility at the beginning OR at the end of class, depending on the course constraints.

Each registered student voluntarily and knowingly assumes the risks inherent to the activity in which they are participating. If a student experiences a significant event (for example, a **documented extended** illness, major injury, or the death of an immediate family member) and cannot complete the minimum participation and attendance requirements, the ACTivity Class Director will assist the student with class withdrawal or work with the student to complete a “Petition to Extend Allowed Absences”. Students should consult their instructors 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](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 due to a minor illness or routine appointment will NOT be considered an “excused” absence. It is still an absence and will count towards the 6 hours of allowed absences each student receives for the semester. 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.

**Accommodations:** The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If a student thinks he/she may have a disability adversely affecting their ACTivity Class participation or attendance, the student should contact DSS in Lommasson 154. The H<sup>2</sup>PAC Program may be able to work with the student and DSS to provide an appropriate accommodation. A student needing an accommodation for another reason should immediately notify the ACTivity Class Director; hence options for an accommodation that will not substantially alter the fundamental objectives of the course can be explored.

Any student requesting ACTivity Class accommodations for a religious observance should provide the ACTivity Class Director with a written request to consider a reasonable modification for that observance by the end of the second week of the ACTivity Class. If the Department of Health and Human Performance and the student cannot agree on a reasonable accommodation, the student may file a complaint with the Office of Equal Opportunity and Affirmative Action/Title IX Coordinator at 243-5710; [www.umt.edu/eo](http://www.umt.edu/eo)

**Safety:** Let Elizabeth or the other instructors know if you have any preexisting injuries or if you’re pregnant. Immediately report any in-class injuries to Elizabeth. It is very important to listen to and follow all of the safety procedures you are taught in your class