Fitness and Recreational Activity  
FRA 146 Rock Climbing, Spring 2015

Class Meeting Time:  T 1:00PM – 2:40PM  
Class Meeting Place: MRC rock wall (You need your ID to enter.)  
Instructor: Justin Crossland  
E-mail: Justin.Crossland@tamuc.edu  
Office: Outdoor Adventure Center (OAC)  
Office Phone: 903.468.3174  
Office hours: by appointment

Course materials: Bring all handouts you are given to class every day, along with a pen or pencil. You should always have a notebook to take notes, this will help when your written exams come up.

Attire:  
You must wear athletic attire suitable for climbing the rock wall. Be sure your clothing is modest. Please be aware that you will be climbing at height being belayed by a person whose job it is to watch you climb. Shorter shorts can make that situation uncomfortable for both parties. Students not dressed appropriately will be considered absent.

Class Description:  
This course is designed to instruct students in the basic techniques of rock climbing. Covered techniques will include belaying, rappelling, ascents, and descents. The proper use of personal equipment and safety concerns will also be covered. Students are encouraged to participate in one off-campus weekend climbing trip (or other activity as provided by instructor). Equipment is provided.

Objectives:  
1. To introduce students to the sport of indoor rock climbing.  
2. To demonstrate knowledge of rock climbing and responsible outdoor adventure by answering written test questions and displaying techniques taught in class.  
3. To have fun and meet new people.  
4. To participate in an outdoor trip.

Participation:  
Students are expected to participate in class in order to receive credit for attendance. Each student is provided with a waiver that must be signed and return to the instructor. This waiver states that the student is able to participate and assumes liability for their own physical wellbeing during the duration of the activity. Any known or previous medical concerns or conditions should be made known to the instructor and you should seek the advice of your doctor before participating if there is a concern. If special accommodations are needed please refer to the ADA statement in this syllabus.

Evaluation:  
Knowledge 30%  
- Test 1 10%  
- Test 2 10%  
- Reflection Paper 10%

Skills 60%  
- Belaying 20%  
- Climbing techniques 20%  
- Climbing Log 20%
Out-of-class experience 10%
Students are encouraged to participate in at least one climbing trip sponsored by the Outdoor Adventure Program of Campus Recreation. Students will receive a discount on the required trip and will be responsible for the remainder of their expenses. An alternative may be provided by the instructor.

My grading policy:
At the end of the semester, I will assign your earned letter grade according to the schedule below:

A= 90 and above
B= 80-89.9
C= 70-79.9
D= 60-69.9
F= 59.9 and below
NOTHING can be done to change your final grade once it is assigned (no extra credit, extra assignments, retaking tests, etc). Multiple opportunities are given to students to earn their course grade, and I suggest that YOU take advantage of every opportunity to make the highest grade possible. In other words, attend class EVERY DAY and do the EXTRA CREDIT!

Bonus points will be awarded for the following events:
a. Five points may be earned by participating in any climbing competition sponsored by a university outdoor program. There are plenty of programs who offer a competition this semester. Be watching advertisements at the Rock Wall. The competition gives you a chance to experience the local and regional rock climbing community in a relaxed setting. Competition is a loose term for these events. All participants usually encourage fellow climbers, and a fun time is had by all. Additionally, all participants are entered in a door prize giveaway where a load of substantial gifts are given away (i.e., ropes, climbing shoes, bags, and other climbing equipment).
b. One point may be earned for 5K fun run/walk in which you participate. You must show me your race number, your t-shirt, and your time as posted on the internet. The 5K must be done during the semester.
c. One point may be earned by attending an educational clinic provided by the Outdoor Adventure program at the MRC (bouldering, bike maintenance, lead climbing etc. are available this semester). Prerequisites might be required for a clinic, plan accordingly. Watch for announcements at the MRC, as well as in class this semester. Limit three points via clinics.
d. A maximum of 5 points extra credit may be earned.
e. The LAST day to turn in any extra credit is April 28, at the beginning of class.

WRITTEN TEST
Your written test will be multiple-choice, true-false, fill in the blank, and matching. It will have fewer than 50 questions. If you cannot take the exam due to illness, injury, or family emergency, the instructor must be notified prior to the exam. Students will be required to present appropriate documentation for missing a scheduled exam. All make-up exams will be scheduled as the need arises.

BELAYING
At the end of the second day of class we will test your belay ability. If after the first day you feel you will need
more time to get comfortable with the skill set, you will need to attend belay school at the climbing wall.

CLIMBING LOG
You will be responsible for climbing and logging 30 taped routes from the bottom to top throughout the semester. When you climb a route, your belayer will sign your log stating that you climbed the route successfully. I don’t care about the rating of the route, but I would imagine that you will begin to see a gradual improvement in the difficulty of routes you are climbing. If you climb consistently through the semester, this is a very easy task. Each class you only need to climb a handful of routes to get the required number. Do not cheat, or fudge the numbers, violators risk failing the class (both climbers and belayers signing for unclimbed routes are breaking academic integrity rules). *If you elect not to go on the climbing trip you will be required to do an additional 15 taped routes, giving you a total of 45 routes.*

OUTSIDE OF CLASS EXPERIENCE
You are highly encouraged to participate in an Outdoor Adventure rock climbing trip. The trip is scheduled for OCT 10-12. The trip provides an excellent opportunity to climb outside on real rock, and is usually the highlight of the class. *If you elect not to go on the trip, you must climb an additional 15 taped routes on the wall.* Students receive a discounted rate on the trip, and all gear, food, camping fees and transportation will be covered by your registration fee.

Class attendance is expected. For each unexcused absence, 2 points will be deducted from the final grade. 1 points will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes the student will be considered absent. If you decide to try and leave early you will be counted absent. Class assignments will not be accepted after the due date. Excused absences are defined by university policy (see below) and must be documented appropriately WITHIN ONE WEEK of the absence (I need a copy of the documentation that I can keep).

REFLECTION PAPER
Requirement: Write a short reflection paper describing the class experience. Discuss what was learned and describe any personal growth that took place. The paper should be a minimum of two double spaces typewritten pages. The paper is worth 10% of the total course and the equivalent of a “letter grade” if not turned in. The paper will be due electronically via email. **No Later than Friday, May 8.** The paper may be e-mailed to Justin.Crossland@tamuc.edu

This schedule is tentative and is subject to change. I will let you know if the schedule changes!!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>In-class activity</th>
<th>Due today/graded activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>T</td>
<td>1/20</td>
<td>Syllabus, intro to class, intro to each other</td>
<td>Belay skills test if needed</td>
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<tr>
<td>T</td>
<td>1/27</td>
<td>Belay skills</td>
<td>Belay skills test</td>
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<td>T</td>
<td>2/3</td>
<td>Climbing</td>
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<tr>
<td>T</td>
<td>2/10</td>
<td>History/Background</td>
<td>Belay skills test if needed</td>
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<td>T</td>
<td>2/24</td>
<td>Technique Intro</td>
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<tr>
<td>T</td>
<td>3/3</td>
<td>Rappelling (@ OA Ropes course)</td>
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This schedule may change. If you miss class, be sure you talk to someone in the class to find out about any announcement or changes.

**Statement on Student Behavior**
All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Handbook).

**ADA statement**
Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, Gee Library Room 132, (903) 886-5835.

**Course Policies**
1. Students are expected to be in class, ready to participate, on time.
2. An “excused absence” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.

If the absence is for one of the reasons listed below, you will be able to make up the work. To reserve this right, you MUST provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

- Participation in an activity appearing on the University’s authorized activity list.
- Death or major illness in a student’s immediate family.
- Illness of a dependent family member
- Participation in legal proceedings or administrative procedures that require a student’s presence.
- Religious Holy Day
- Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
- Required participation in military duty

3. Any student missing an exam or assignment without prior arrangement will receive a score of zero.
4. You MUST check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. (your leo account)

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>3/10</td>
<td>Climbing</td>
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<tr>
<td>3/24</td>
<td>Climbing</td>
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<td>3/31</td>
<td>Knot practice</td>
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<td>4/7</td>
<td>Climbing</td>
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<td>4/14</td>
<td>Climbing</td>
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<td>4/21</td>
<td>Climbing</td>
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<tr>
<td>4/28</td>
<td>Written test; Climbing</td>
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<tr>
<td>5/5</td>
<td>Climbing</td>
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</table>

F-Sun | 4/3-5 OR 5/1-3 | Class Climbing Trip | Enroll with Outdoor Adventure

All extra credit due at beginning of class
Climbing Log and Paper Due at end of class
5 While you are in class, I expect you to participate. Do not come to class and expect to sit to the side. Workouts are designed so that everyone can participate. You must be on time. When you are late, it disrupts the flow of the class. While in class, you must refrain from anything that is not class-related. CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT. This is a zero-tolerance policy. (Thanks!) If you use a cell phone, iPod, etc. in class (or if your phone rings), you will lose 1 point per incident (off your final grade). Turn it off!

6 DUE DATES: The due dates listed for assignments are the LAST chance to submit them. I DO NOT accept late assignments.

7 If you have a question or concern, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.