

Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

COMMUNITY CLASS TITLE: Rock Climbing

GRADE OR AGE LEVELS: Ages 7 and up

FORMAT: In-person

DAY AND TIME OF THE WEEK: Tuesdays or Fridays 3:45pm-5:30pm

TOTAL REQUIRED HRS: 16 **ADD'L POSSIBLE HRS (OPTIONAL TIME):** 10

TOTAL SEMESTER HOURS POSSIBLE: 26

LOCATION: Homeschool Nexus - 1870 Union Ave, Benton Harbor

INSTRUCTOR: Jon Bunnell

CONTACT INFORMATION: phone: 269-308-2518 email:

jbunnell2003@icloud.com

ADDITIONAL REGISTRATION AT SITE REQUIRED? Waiver must be filled out prior to first class

INSTRUCTOR QUALIFICATIONS (may attach a separate page if necessary):

Experienced rock climber with more than 200 hours of indoor climbing experience and 100 hours of outdoor climbing. Trained in first aid and CPR. Trained in technical rescue.

COURSE DESCRIPTION (OVERVIEW):

Students will learn basic safety and commands of rock climbing. Students will learn the most common rock-climbing knots. They will also learn proper climbing technique and the type of indoor holds. Most of the class time will be spent climbing. Past students are welcome to enroll and will have the opportunity to build on prior knowledge towards the end of course.

SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING LAB ACTIVITIES

Weeks 1-4: Basic safety, climbing command, proper belay technique, gear terminology

Weeks 5-9: Knot tying and climbing technique

Describe activities that will reinforce the lesson. Include any work and time to be required outside of class: Free climbing will be part of each class.. Calisthenic exercises and stretching is recommended at home to develop the fitness level to improve as a climber.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

The goal of the course is to be better versed in rock climbing terminology and be able to climb a 5.7 difficulty route by the end of the semester.

*Steps to check for student understanding, along with dates or # of weeks into class:
Weekly practical quizzes will be given to demonstrate knowledge of the terminology, knots, and techniques that are taught throughout the course.*

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

Students will be given a verbal test on their last day of class and must successfully climb a 5.3 difficulty route to pass.

- 1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

ADDITIONAL RESOURCES: (online, books, video, etc.):

American Mountain Guide Association Website

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Must meet the partnership's 16-hour requirement. One makeup day will be available at end of semester if needed.

Weather: No makeup classes for inclement weather

Required equipment: Rock climbing harness and shoes to be supplied by student