



**Texas A&M University- Commerce**  
**Department of Health and Human Performance**

**FRA-197 Rock Climbing**

*Spring 2024*

**Location: Morris Recreation Climbing wall**

**Activity Class**

**Wednesday 9:00-10:50am**

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**Instructor:** Kellen Dion

**Contact:** [kellen.dion@tamuc.edu](mailto:kellen.dion@tamuc.edu)

**Phone:** 903-468-3174

**Office Hours:** Email me to setup a scheduled meeting.

I respond best by email and should be able to get back to you within 24 hours on weekdays

**Required text**

None. Handouts may be provided in class or by email

**Course Description**

This is an Introductory Rock Climbing course in which students will develop basic knowledge and skills to safely and effectively climb. Technical skills include belaying, spotting, knot climbing, down climbing, lead climbing, and lead belaying, various climbing moves, and proper footwork. Basic fitness and training principles will also be discussed as applicable to the sport of Rock Climbing.

**Objectives**

Through the successful completion of this course, students are expected to do the following:

- Demonstrate how the fundamentals of health-related fitness apply to the sport of Rock Climbing.
- Explain how the concepts of health-related fitness apply to the sport of Rock Climbing.
- Demonstrate the basic skills of belaying, spotting, down climbing, lead climbing, lead belaying, and efficient climbing.
- Apply the basic fundamentals of belaying and climbing in a variety of climbing situations.
- Demonstrate knowledge of the history of Rock Climbing.

## Learning Outcomes

By the end of the semester, the student should be able to demonstrate the following skills and knowledge through in-class demonstration and examination:

1. Demonstrate the acquisition and application of motor skills for rock climbing
2. Demonstrate understanding of the applicable history, rules, strategies, safety and etiquette for rock climbing
3. Identify appropriate conditioning methods and equipment needs for rock climbing
4. Demonstrate ability to work with others in a passionate and safe environment
5. Identify the proper equipment used for rock climbing and understand how to manage it correctly

## Assessment & Grading

Assignment/Exam	Details	Learning Outcomes Assessed
Attendance/Participation	Active Participation	Course: 1, 2, 3, 4
Knots Quiz	Written/Practical Assessment	Course: 2, 4, 5
Homework Hours	Come into the climbing wall during open climbing hours and log time spent fulfilling a total of 8 hours over the semester	Course: 1, 3, 4, 5

One makeup assignment will be available for an unexcused absence

### **Grading Criteria:**

Students will be evaluated in the following areas: Active daily participation, skill development, class discussion, and assessments.

### Evaluation Areas

### Points

Daily Participation (20 points per class)	320 points
Passing Top rope belay skills check	40 points
Homework Hours (8 hours outside of class)	160 points
Knots, Gear, and Holds Quizzes	80 points
Total	600 points

### **Grading Scale:**

90-100%	A
80-89%	B
70-79%	C
60-69%	D
<60%	F

### **Outside of class climbing**

Students need to log at least 8 hours of outside-of-class climbing time, following these guidelines. This assignment must be completed by May 1st.

**When/where you can climb:** 1) Morris Recreation Center: open 3-10pm 2) Climbing Gyms – any climbing-focused gym that has acceptable climbing wall facilities (you must get instructor approval).

More information will be provided in class and/or D2L about documenting your outside of class climbing.

### **COURSE REQUIREMENTS**

You will be expected to use Leomail Email, Microsoft Word, and Microsoft Excel.

### **Instructional Methods**

Each class will consist of in-class activity and opportunity for reflection and discussion.

### **Student Responsibilities or Tips for Success in the Course**

Be present and engaged, every day. Dress appropriately and work hard!

### **IMPORTANT INFO:**

- Please check your university email DAILY to be aware of updates. I will not email you unless it's important.

### **Course Policies**

1. Students are expected to be in class on time, ready to participate.
2. For each excused absence, students will be expected to complete an additional hour on their climbing log. Unexcused absences cannot be replaced by extra outside of class climbing. Only ONE unexcused absence may be "replaced" by an additional assignment (see above; details will be provide in D2L or in class).
3. 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 (within two business days or at the instructor's convenience). 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.
4. Any student missing an exam or any other graded work without prior arrangement will receive a score of zero.
  5. You **MUST** check your TAMUC email 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.
  6. While you are in class, I expect you to participate. Engage in discussions and be excited to learn about the sport. As in all of your classes, you get out what you put into it.
  7. **DUE DATES:** The due dates listed for assignments are the **LAST** chance to submit them. Please turn in your work early.
  8. 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.
  9. Academic dishonesty is unacceptable conduct and will not be tolerated in any form at Texas A&M University – Commerce. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include losing points on an assignment, not receiving credit on an assignment, suspension from the class, or expulsion from the University.
  10. Any online component of this class is completely supplemental—that is, this is entirely a face-to-face course.

### **Professional attire**

- Athletic shoes, (no open toed shoes) socks, and attire. No denim. **PHONES WILL NOT BE WITH YOU DURING CLASS.** If you choose to use your phone in class, you may be asked to leave. Students must dress in accordance with the Morris Rec Center dress code while attending class.
- If you are not dressed appropriately, you will lose 20 points per day. If you are not dressed safely, you will not be allowed to participate and will be considered absent.

### **Course Schedule**

THIS SCHEDULE IS TENTATIVE AND MAY CHANGE!!!

### **Course Outline**

Week	Topic	Assignment
01/10/2024	<ul style="list-style-type: none"> <li>• Course Introduction</li> <li>• Syllabus Review</li> <li>• Orientations</li> <li>• Rock climbing history</li> </ul>	Homework Hours
01/17/2024	<ul style="list-style-type: none"> <li>• Climbing technique and movement</li> <li>• Footwork</li> <li>• Types of holds</li> </ul>	Homework Hours
01/24/2024	<ul style="list-style-type: none"> <li>• Belay Gear Overview</li> <li>• Top rope belay school</li> </ul>	Homework Hours
01/31/2024	<ul style="list-style-type: none"> <li>• Top rope belay teaching practice</li> <li>• Top rope belay practice</li> </ul>	Homework Hours
02/07/2024	<ul style="list-style-type: none"> <li>• Climbing technique and movement</li> </ul>	Homework Hours

	<ul style="list-style-type: none"> <li>• Footwork</li> </ul>	
02/14/2024	<ul style="list-style-type: none"> <li>• Knots and hitches</li> <li>• Holds and movement overview</li> </ul>	Homework Hours
02/21/2024	<ul style="list-style-type: none"> <li>• Gear Overview</li> <li>• Knots and hitches</li> </ul>	Homework Hours
02/28/2024	<ul style="list-style-type: none"> <li>• Route Building</li> </ul>	Homework Hours
03/06/2024	<ul style="list-style-type: none"> <li>• Gear, Knots, and Holds Quiz</li> <li>• Strength Training</li> </ul>	Homework Hours
03/13/2024	Spring Break (No Class)	Homework Hours
03/20/2024	<ul style="list-style-type: none"> <li>• Climbing and review day</li> </ul>	Homework Hours
03/27/2024	<ul style="list-style-type: none"> <li>• Lead climbing School</li> </ul>	Homework hours
04/03/2024	<ul style="list-style-type: none"> <li>• Lead climbing practice</li> <li>• Climbing movement training</li> </ul>	Homework Hours
04/10/2024	<ul style="list-style-type: none"> <li>• Gear, Knots, Hitches, and Holds Review</li> <li>• Strength Training</li> </ul>	Homework Hours
04/17/2024	<ul style="list-style-type: none"> <li>• Climbing and review day</li> </ul>	Homework Hours
04/24/2024	<ul style="list-style-type: none"> <li>• Gear, Knots, Hitches, and Holds Quiz</li> <li>• Strength Training</li> </ul>	Homework Hours
05/01/2024	<ul style="list-style-type: none"> <li>• Climbing instruction day</li> </ul>	Homework Hours Due

## **TECHNOLOGY REQUIREMENTS**

### **LMS**

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

### **ACCESS AND NAVIGATION**

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

### **COMMUNICATION AND SUPPORT**

If you have any questions or are having difficulties with the course material, please contact your Instructor.

## **Technical Support**

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

### ***University Specific Procedures***

#### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

#### **TAMUC Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

#### **Academic Integrity**

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

**Students with Disabilities-- ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

**Office of Student Disability Resources and Services**

Texas A&M University-Commerce  
Velma K. Waters Library Rm 162  
Phone (903) 886-5150 or (903) 886-5835  
Fax (903) 468-8148  
Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)  
Website: <https://www.tamuc.edu/student-disability-services/>

**Nondiscrimination Notice**

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

**Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

**A&M-Commerce Supports Students' Mental Health**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

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Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course. Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty