

**RTM 151B Rock Climbing and Mountaineering (2)**  
**California State University, Northridge**  
**Department of Recreation and Tourism Management**  
**October 25 9:00 am**  
**Ticket # 16762**

**Instructor:** Martin Crawford  
**Office:** Redwood Hall – Room 267  
**Meeting Room:** Redwood Hall – Room 153  
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**Important Dates**

Class Meetings: October 25, November 1 & 8 (9:00 am – 11:45 am each day)  
Field Trip: November 14,15,16

**CATALOG DESCRIPTION:**

Basic elements of mountaineering, rock climbing and alpine travel, including climbing ethics, fitness and the physiological effects of environmental stress and work at high altitudes. Emphasis will be on safety, proper use of equipment and good climbing technique. Arranged field trips are required.

**COURSE OBJECTIVES:**

At the conclusion of the course the student will:

1. Gain a greater understanding of and appreciation for the natural environment demonstrated through minimum impact camping and conservation techniques.
2. Develop the basic skills and ethics required for safe mountaineering and rock climbing.
3. Demonstrate an understanding of the equipment necessary for safety and comfort in various climbing activities.
4. Develop the ability to plan, organize and safely participate in a climbing experience.
5. Encourage the development of self-confidence and self-awareness in conjunction with understanding of the needs of a group.

**METHODS OF INSTRUCTION:**

The class will combine readings, lectures, and experiential activities designed to develop the knowledge and skill competencies necessary for safe and environmentally sensitive experiences of rock climbing and general mountaineering.

Over 80% of the class time will be spent at actual field locations acquiring the competencies mentioned in the outline.

**METHODS OF EVALUATION:**

- Class Meetings.....30% (10% each)
- Field Experiences.....60%
- Skills Exam.....10%

1. Examinations: One examination will be given to test the readings and lecture material and will focus on comprehension of field practices. The exam will represent 10% of the grade.

2. Field experiences: Students will be expected to satisfactorily perform techniques and skills discussed in the class outline. The class will take place in the Big Bear Lake area to enable introduction and mastery of appropriate skills.

**TEXT:** Graydon, Don (ed.). Mountaineering: The Freedom of the Hills. 5th ed. Seattle: The Mountaineers, 1992.

**SELECTED BIBLIOGRAPHY:**

Hellweg, Paul & Nathan Warstler. Climber's Guide to Southern California. Canoga Park: Canyon Publishing Co., 1986.

Long, John. How to Rock Climb, 2nd Edition. Evergreen, CO: Chockstone Press, 1993.

Loughman, Michael. Learning to Climb Rock. San Francisco: Sierra Club Books, 1981.

**WHAT NOT TO BRING:**

ALCOHOL, ILLEGAL DRUGS, MISCELLANEOUS PEOPLE, FIREARMS, OTHER FOOD. TO BRING ALCOHOL OR ILLEGAL DRUGS WILL MEAN A FAILING GRADE ASSIGNMENT. THEIR USE IS INCONSISTENT WITH OUR SAFETY POLICY.

**WHAT ABOUT RAIN/SNOW ETC.:** IF THERE IS ANY DOUBT ABOUT WEATHER CONDITIONS, CALL 310-795-7678 ON FRIDAY MORNING AND A CANCELLATION MESSAGE WILL BE ON THE MESSAGE MACHINE IF THE TRIP IS OFF

**MISC. RULES**

\*TRIP BEGINS AND ENDS AT TRAILHEAD; \*CARPOOLS ARE ENCOURAGED FOR

ENVIRONMENTAL AND FINANCIAL REASONS BUT ARE THE SOLE RESPONSIBILITY OF STUDENTS.

**COURSE POLICIES:**

The CSUN criteria for grading (as outlined in the CSUN catalog) will be strictly followed.

1. An Incomplete (“I”) is assigned as specified by Instructor and upon consultation and approval of Instructor.
2. For Credit/No Credit grading, students must be doing passing work to receive “Credit.”
3. Plus/Minus grading will be used.
4. No make-up tests (unless prior permission received)

**Student Discipline:**

Inappropriate conduct by students (such as cheating on examinations or failure to comply with field trip rules) is subject to discipline as provided in Sections 41304 of Title 5, California Administrative Code. Refer to CSUN catalog for further details.

### Fifth Class around the World

Yosemite Decimal	French	English	German	Aussie	V Scale
5.6	3/3+	Severe			
5.7	3+/4	VS	5+	V0-	
5.8	4+	HVS	6-	16	V0-
5.9	5	E1	6	17	V0-
5.10a	5+	E1	6+	18	V0
5.10b	6a	E2	7-	19	V0
5.10c	6a+	E2	7	20	V0+
5.10d	6b	E3	7+	21	V1
5.11a	6b+	E3	7+	22	V1
5.11b	6c	E4	8-	23	V2
5.11c	6c+	E4	8	24	V3
5.11d	7a	E5	8	25	V3
5.12a	7a+	E5	8+	26	V4
5.12b	7b	E5	9-	27	V5
5.12c	7b+	E6	9	28	V5
5.12d	7c	E6	9	28	V6
5.13a	7c+	E6	9+	29	V7
5.13b	8a	E7	10-	30	V8
5.13c	8a+	E7	10-	31	V9
5.13d	8b	E8	10	31	V10
5.14a	8b+	E8	10+	32	V11
5.14b	8c	E9	11-	33	V12
5.14c	8c+	E9	11	34	V13
5.14d	9a	E10	11+	35	V14
5.15	9a+	E11	12-	36	V15

### Sixth Class Divided (Aid Climbing)

<b>A1</b>	Very easy aid climbing (placements are strong and reliable)
<b>A2</b>	Relatively easy aid climbing (placements are generally strong)
<b>A3</b>	Strenuous aid climbing (difficult to make good placements of protection)
<b>A4</b>	Difficult aid climbing (many placements only hold body weight)
<b>A5</b>	Very difficult aid climbing (extremely weak placements with a high potential for long and dangerous falls!)

## Rock Climbing Competencies Skills Test (Rock 1)

Have assistants or instructor initial each skill after watching you perform each. Minimum skills for the class are marked with a (\*)

### Knots:

- |  |   |
|--|---|
| <input type="checkbox"/> Bowline*            | <input type="checkbox"/> Figure Eight*            |
| <input type="checkbox"/> Double Fisherman's* | <input type="checkbox"/> Figure Eight on a Bight* |
| <input type="checkbox"/> Clove Hitch*        | <input type="checkbox"/> Girth Hitch*             |
| <input type="checkbox"/> Butterfly           | <input type="checkbox"/> Prusik or Klemheist*     |

### Climber Tie-Ins and Harnesses:

- |  |  |
|--|--|
| <input type="checkbox"/> Tie Directly to the Rope* | <input type="checkbox"/> Tie To Harness* |
| <input type="checkbox"/> Make Improvised Harness*  |  |

### Belay Techniques:

- |   |  |
|---|--|
| <input type="checkbox"/> Demonstrate Body Belay Stance* | <input type="checkbox"/> Demonstrate Body Belay  |
| <input type="checkbox"/> Use Mechanical Belay Device*   | <input type="checkbox"/> Belay with MÜNTER Hitch |

### Climbing Techniques:

- |  |  |
|--|--|
| <input type="checkbox"/> Demonstrate (3) Three Hand Holds*   | <input type="checkbox"/> Smearing versus Edging*     |
| <input type="checkbox"/> Layback (on climb)                  | <input type="checkbox"/> Demonstrate Mantleshelving  |
| <input type="checkbox"/> Show Crack Jamming (hands and feet) | <input type="checkbox"/> Show how to Fall Correctly* |

### Rappelling:

- |   |  |
|---|--|
| <input type="checkbox"/> Rappel Unassisted (rappel device of choice)* | <input type="checkbox"/> Rappel with Yosemite Karabiner Break* |
|---|--|

### Others/Extras:

- |  |   |
|--|---|
| <input type="checkbox"/> Demonstrate Belay Commands* | <input type="checkbox"/> Define C.R.A.S.H.H.* |
|--|---|

Student Name \_\_\_\_\_