

COURSE CONTENTS (*outline – titles of lectures*):

1. Introduction to climbing.
2. History of climbing.
3. Fundamental steps of climbing.
4. Preparation of technical climbing.
5. Basic steps in technical climbing.
6. Risk management.
7. Occupational opportunities from climbing.
8. Companies that organize recreational activities.
9. The creation of the technical wall.
10. Development of technique.
11. Equipment for climbing
12. Clothing and materials for climbing.
13. Future trends in climbing.

TEACHING METHOD (*lectures – labs – practice etc.*):

1. Theory in class.
2. Practical classes.
3. One visit to professional climbing companies.
4. Guest speaker.

ASSESSMENT METHOD(S):

Final exams.

LEARNING OUTCOMES:

Upon the completion of this course the student will be able to:

1. Be familiar with the basic steps of climbing.
2. Perform in satisfactory level the basic skills of technical climbing.
3. Determine and produce the basic educational principles of climbing.
4. Organize a training program in teaching technical climbing.

LEARNING OUTCOMES – CONTINUED:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Be familiar with the basic steps of climbing.	Lectures, and annotation of digital material, study in the house.	Midterm test of cognitive evaluation by written quiz.	10
Perform in satisfactory level the basic skills of technical climbing.	Training skills.	Midterm test of skills.	10
Determine and produce the basic educational principles of climbing.	Lectures, home study, visit of public and private organizations providing climbing services, work in groups.	Evaluation of the ability to teach the basics of climbing.	20

Organize a training program in teaching technical climbing.	Lectures, training, study in the house	Final exams.	20
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

Theodoropoulos, A. (2001). Rock climbing, analytical, technical guide. Athens: Anavasi.
