



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Climbing [C\_CS>Wsp30]

### Course

Field of study

Circular System Technologies

Year/Semester

1/1

Area of study (specialization)

–

Profile of study

general academic

Level of study

first-cycle

Course offered in

polish

Form of study

full-time

Requirements

elective

### Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

30

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

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### Lecturers

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### Prerequisites

The student has no health contraindications to active participation in the class Ability to move at height Equipped with appropriate climbing shoes and sports attire

## Course objective

Basics of climbing without belay (bullclimbing) - insertion, three support points, traverses, frog position, use of twists, moving on a cross, reset Moving on straight walls, slants, overhangs and in the roof Degrees of difficulty - markings of ballads and climbing routes. The use of colored holds. Learning how to belay: safety conditions, putting on a harness and clipping in a rope, basic knots used in climbing (e.g. figure eight or double figure eight), securing the climber and the belayer, basic commands - "I can go", "give a block" or "give a pit", choosing a rope, falling off the wall, going downhill Climbing "on the rod" Static and dynamic ropes - unfolding, hanging and retracting after completing exercises.... Exercises - techniques of the climber's use (frog position, use of twists, moving on the cross, limbering and stretching exercises, formation of climber's strength and endurance, games in teaching climbing (such as flood or dokładanka) Climbing competitions - scoring Climbing "with a pit" - safety conditions, teaching how to make a pin, spotting, issuing and selecting a rope, belaying

## Course-related learning outcomes

lack

## Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

The student obtains credit for the course mainly through active and regular participation in class.

## Programme content

Learning belaying  
Exercises - techniques of the climber  
Flexibility and stretching exercises  
Shaping the climber's strength and endurance  
Games in teaching climbing

## Teaching methods

Methods of description, explanation and practical exercises of students

## Bibliography

"Climbing Training" by Eric J. Hörst  
"Training planning in sport climbing" by David Macià Paredes

## Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00