



ATBO-141 – Rock Climbing Level 1

Business

Effective Term & Year: Fall 2022

Course Outline Review Date: 2026-04-01

Program Area: Tourism, Recreation, & Hospitality

Description:

This course introduces the student to the basics of top roped climbing. Students learn the basic knots, safety procedures, equipment use, and rope handling skills, group management, and climbing techniques to safely set up and climb basic top roped climbs.

Program Information:

This course is an elective course of the Adventure Tourism Business Operations certificate and diploma program. It is typically taken in the first year of ATBO studies.

Delivery Methods: On-campus (Face-to-Face), Practicum

Credit Type: College of the Rockies Credits

Credits: 2

Instructional Activity and Hours:

| Activity | Hours |
|---|-------|
| Classroom, Directed Studies or Online Instruction | |
| Seminar/Tutorials | |
| Laboratory/Studio | |
| Practicum/Field Experience | 40 |
| Co-op/Work Experience | |
| Other | |

| | |
|-------|----|
| Total | 40 |
|-------|----|

Course Requisites:

- Complete all of the following
 - Completed or concurrently enrolled in:
 - [ATBO106](#) – Experiential Leadership & Guiding (3)
 - Prerequisites: Students must be 19 years old to take this course.

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Suggested Reading:

Mountaineering, The Freedom of the Hills, 9th edition, 2017, published by The Mountaineers

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

Upon the successful completion of this course, students will be able to:

- explain the features, benefits and correct use of a wide variety of climbing equipment including harnesses, helmets, ropes, slings, protection pieces and chalk;
- demonstrate preferred knot tying and rope work, including belays and anchor construction;
- demonstrate standard climbing communication signals and safe belaying techniques; and
- be able to move effectively and efficiently on a variety of climbing surfaces using established climbing techniques.

Students should also develop

- confidence and self-reliance in the rock climbing environment;
- conservative decision making strategies;
- leadership experience;
- group management skills;
- hazard evaluation skills; and
- critical thinking skills.

Course Topics:

Movement Skills

- Principles of Climbing Movement
- Footwork
- Handholds
- Crack Climbing
- Rope Handling

Technical and Safety Skills

- Equipment and Knots
- Belays
- Anchors
- Rappels

Leadership Skills

- Site Management
- Program Planning
- Risk Management

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

| Assessment Type | % of Total Grade |
|-----------------------------|------------------|
| Movement skills | 30% |
| Technical and Safety Skills | 50% |
| Leadership skills | 20% |
| Total | 100% |

Grade Scheme

| A+ | A | A- | B+ | B | B- | C+ | C | C- | D | F |
|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| >=90 | 89-85 | 84-80 | 79-76 | 75-72 | 71-68 | 67-64 | 63-60 | 59-55 | 54-50 | <50 |

Pass requirements: None

Evaluation Notes: A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

Evaluation Notes Comments:

Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Equivalent Course(s) and Course Code Changes

Equivalent Course: Students who have received COTR credit for ATBO 141 may not receive additional credit for MAST 140.

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.