



MAST-140 – Rock Climbing 1

Business

Effective Term & Year: Fall 2022

Course Outline Review Date: 2027-03-01

Program Area: Tourism, Recreation, & Hospitality

Description:

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

Program Information:

This course is a requirement for the completion of the MAST certificate.

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	12
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	50
Co-op/Work Experience	
Other	
Total	62

Course Requisites:

None

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:

Mountaineering Freedom of the Hills, 8th Ed. The Mountaineers, 2010.

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

- demonstrate knowledge of construction, care and use of the basic climbing equipment, ropes, anchor placement equipment;
- demonstrate proficiency in tying several key climbing knots and hitches;
- climb top roped routes using effective climbing technique;
- demonstrate safety and risk management procedures for top rope climbing venue;
- demonstrate effective and safe anchor building and removal;
- demonstrate basic climbing abilities and techniques;
- perform safe belay for climbing partners; and
- assess climbing equipment suitability for different situations.

Course Topics:

- Group equipment including, ropes, carabiners, slings, webbing, helmets, climbing footwear, belay devices, first aid kits\
- Group management and attention to safety throughout the course
- International call system between climber and belayer
- Rappel skills
- Top rope anchor set up
- Various types of anchor placement equipment (anti facial protection)
- Climbing skills such as balance, footwork and body positioning to advance abilities

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
Organization and Preparation, Personal Management	10%
Initiative for Learning, Communication & Participation	10%
Team work & Expedition Behavior	10%
Hazard Recognition & Risk Management	10%
Knots, Systems, Anchors	30%
Movement Skills	30%
Total	100%

Grade Scheme

COM	NCG
Completed to the minimum defined standard	No credit granted – less than minimum defined standard

Evaluation Notes Comments:

Students must attend all lecture and planning classes and complete 4 of 5 field days to complete the standard.

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
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Equivalent Course(s) and Course Code Changes

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

Prior Course Code: MASD 112 >> MAST 140

Date changed: March 2009

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.