



MAST-140 – Rock Climbing

Business

Effective Term & Year: Fall 2024
Course Outline Review Date: 2029-03-01

Program Area: Tourism, Recreation, & Hospitality

Description:

This course introduces the student to the basics of top-rope and sport climbing. Students learn climbing techniques and technical skills enabling progression at beginner to intermediate competency levels. Skills include movement techniques, equipment and material strength, knots and rope skills, anchor building and cleaning, top rope and lead belaying, and rappelling. Mock and sport leading is introduced and practiced for those demonstrating readiness. Traditional climbing equipment is introduced.

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	9
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	40

Co-op/Work Experience	
Other	
Total	49

Course Requisites:

None

Flexible Assessment: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, or work-based assessment are used to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy [2.5.5 Prior Learning Assessment and Recognition \(PLAR\)](#) or 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, 9th Ed. The Mountaineers, 2017.

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:

- Site assessment
- Self and group management
- Risk management
- Route selection and grading
- Hard and soft equipment
- Material strength and application
- Top rope and lead belay technique
- Climbing commands and communication
- Rappelling
- Anchor building and cleaning
- Sport climbing techniques including mock leads and lead climbing
- Climbing movement skills
- Traditional climbing equipment introduction
- Association of Canadian Mountain Guides mountain streams and guiding progressions

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
Climbing skill competencies	40%
Movement Skills	30%
Self-care & decision-making	10%
Teamwork & leadership	10%
Hazard Recognition & Risk Management	10%
Total	100%

Grade Scheme

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

Evaluation Notes: Students are required to achieve a minimum of 70% to achieve a grade of COM

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 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework
- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Rights, Responsibilities and Conduct
- Policy 2.4.8 Academic Performance
- Policy 2.4.9 Student Feedback and Concerns
- Policy 2.4.11 Storage of Academic Works
- Policy 2.5.3 Student Appeal
- Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)

Equivalent Course(s) and Course Code Changes

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.