

1. **Name of subject:** Indoor climbing
2. **Type of classes (lectures, classes):** classes
3. **Form of credit:** credit with mark
4. **Semester:** winter
5. **The proposed number of hours:** 15
6. **Syllabus:**

Teaching objectives: Extending the practical knowledge about the sports forms of recreational activity. Enrichment sports experience to develop psychomotor ability related to the specific features of climbing. Preparation for self-cultivation indoor climbing. **Entry requirements:** Overall psychomotor fitness. **Educational contents:** Basic knowledge about climbing equipment and the principles of its use. Basic knowledge about indoor climbing forms: recreational climbing, competition (sport) climbing (lead, speed, bouldering). The main rules in sport climbing. Sports rules in climbing sports (climbing styles). Practical learning of different climbing techniques, belaying techniques (knots, tying up with a rope to the harness, operating the belaying device during top-roping and leading, commands). Top-rope, lead, speed climbing and bouldering. Selected issues of climbing training.

7. **Learning outcomes:**

Knowledge: Student knows the terminology of climbing sports, has knowledge about how climbing influences the development of physical fitness and which motor skills it develops..
Skills: Student is able to use basic climbing equipment. Student can perform and demonstrate targeted and specific climbing exercises and is able to implement pupil to belay other pupil and self-improvement aforementioned exercises. **Social competences:** Student performs tasks in a way that ensures his/her own safety and the surroundings, keep the safety principles and first aid. Is aware of the legal responsibility for their professional activities.

8. **Qualifications frameworks: (I and II level)**

After completing the course, students:

- know and understand the basic issues in the field of climbing sports.
- know, how to use indoor climbing in the physical education teacher's job,
- are able to assess their potential for indoor climbing and know, how to improve it.

9. **Organizational unit responsible for the course:** Unit of Mountaineering and Outdoor Sports.

10. **Persons leading the subject:** dr Marek Czyż.

11. **Form of realization:** classes on the artificial climbing wall in groups of up to 10 students per one instructor. We recommend having your own climbing shoes.

12. **The proposed number of ECTS credits:** 3

13. **Distance learning classes:** maximum 4 h.