

1. **Name of subject:** Rock climbing
2. **Type of classes (lectures, classes):** classes
3. **Form of credit:** credit with mark
4. **The proposed number of hours:** 15
5. **Semester:** summer
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 and outdoor climbing. **Entry**

requirements: Overall psychomotor fitness. **Educational contents:** General information about climbing sports: indoor climbing, rock climbing, bouldering, sports rules in climbing sports (climbing styles, climbing competitions). Selected issues of climbing training, climbing techniques, of belaying theory and knowledge of climbing equipment. Practical learning climbing techniques in a variety of rock formation with using different methods of belaying (top-rope and leading). Practical learning belaying techniques: the most important knots, tying a rope to the harness, handling the belaying and abseiling devices, climbing commands.

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 level)**

After completing the course, students:

- know and understand the basic issues in the field of climbing sports.
- know, how to use rock climbing in the physical education teacher's job,
- are able to assess their potential for rock 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 in groups of up to 10 students per one instructor. Classes are divided into two parts: indoor (2h on an artificial climbing wall, learning basic belaying techniques) and rock (13h, two half day trips to the rocks). The cost of one trip is 9 PLN (about 2 €). We recommend having your own climbing shoes.

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

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