DEMOCRITUS UNIVERSITY OF THRACE DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:						
Technical climbing						
COURSE CODE: N058	E.C.T.S. CREDITS					
RESPONSIBLE FOR 1	THE COURSE:					
NAME	Ourania Matsouka					
POSITION	Lecturer					
SECTOR	Sport Management, School Physical Education & Recreation					
OFFICE	B2 - 2					
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CO-INSTRUCTORS	George Costa, Associate Professor Ioannis Trigonis, EEDIP					
SEMESTER:	$\begin{array}{cccccccccccccccccccccccccccccccccccc$					
COURSE TYPE:	RSE TYPE:Obligatory[]Direction[]Specialization[]Prerequisite for specialization[]Elective (open)[X]					
HOURS (per week):						
DIRECTION (only for 3	y rd & 4 th year courses):					
SPECIALIZATION (or	<i>ily for 3^{rd} & 4^{th} year courses):</i>					
LANGUAGE OF TEAC	CHING: GREEK [X] ENGLISH []					
AIM OF THE COURSI	E (content and acquired skills):					
	is to make the students able to: 1) perform the fundamental lerstand the operation of the technical climbing field and 3) grams of climbing.					

COURSE CONTENTS (*outline – titles of lectures*):

- 1. Introduction to climbing.
- 2. History of climbing.
- 3. Fundamental steps of climbing.
- 4. Preparation of technical climbing.
- 5. Basic steps in technical climbing.
- 6. Risk management.
- 7. Occupational opportunities from climbing.
- 8. Companies that organize recreational activities.
- 9. The creation of the technical wall.
- 10. Development of technique.
- 11. Equipment for climbing
- 12. Clothing and materials for climbing.
- 13. Future trends in climbing.

TEACHING METHOD (*lectures – labs – practice etc.*):

- 1. Theory in class.
- 2. Practical classes.
- 3. One visit to professional climbing companies.
- 4. Guest speaker.

ASSESSMENT METHOD(S):

Final exams.

LEARNING OUTCOMES:

Upon the completion of this course the student will be able to:

- 1. Be familiar with the basic steps of climbing.
- 2. Perform in satisfactory level the basic skills of technical climbing.
- 3. Determine and produce the basic educational principles of climbing.
- 4. Organize a training program in teaching technical climbing.

LEARNING OUTCOMES – CONTINUED:

Learning Outcomes	Educational Activities	Assessment	Students Work Load (hours)
Be familiar with the basic steps of climbing.	Lectures, and annotation of digital material, study in the house.	Midterm test of cognitive evaluation by written quiz.	10
Perform in satisfactory level the basic skills of technical climbing.	Training skills.	Midterm test of skills.	10
Determine and produce the basic educational principles of climbing.	Lectures, home study, visit of public and private organizations providing climbing services, work in groups.	Evaluation of the ability to teach the basics of climbing.	20

Organize a training program	Lectures, training, study	Final exams.	20
in teaching technical climbing.	in the house		
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY: Theodorpoulos, A. (2001). Rock climbing, analytical, technical guide. Athens: Anavasi.