COURSE OUTLINE TECHNICAL CLIMBING

1. GENERAL

SCHOOL	**PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY**		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C001	**SEMESTER**	3RD and 4TH
COURSE TITLE	TECHNICAL CLIMBING		

TEACHING ACTIVITIES *If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.*	**TEACHING HOURS PER WEEK**	**ECTS CREDITS**
	2	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.		

COURSE TYPE *Background, General Knowledge, Scientific Area, Skill Development*	Skill Development
PREREQUISITES:	No
TEACHING & EXAMINATION LANGUAGE:	Greek English (Erasmus students)
COURSE OFFERED TO ERASMUS STUDENTS:	Yes
COURSE URL:	

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Upon successfully completing the course, students will be able *to*:

- *perform the fundamental steps of climbing*
- *understand the operation of the technical climbing field and*
- *develop recreational programs of climbing.*

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information, ICT Use
Adaptation to new situations
Decision making
Autonomous work
Teamwork
Working in an international environment
Working in an interdisciplinary environment
Production of new research ideas
Project design and management
Equity and Inclusion
Respect for the natural environment
Sustainability
Demonstration of social, professional and moral responsibility and sensitivity to gender issues
Critical thinking
Promoting free, creative and inductive reasoning

- *Search, analysis and synthesis of data and information, ICT Use*
- *Adaptation to new situations*
- *Decision making*
- *Autonomous work*
- *Working in an interdisciplinary environment*
- *Project design and management*
- *Demonstration of social, professional and moral responsibility and sensitivity to gender issues*

- *Critical thinking*

3. COURSE CONTENT

1. *Introduction to climbing*
2. *Climbing equipment*
3. *Climbing techniques in open and closed field*
4. *Fundamental steps and grips of climbing*
5. *Basic knots in climbing*
6. *Top rope climbing*
7. *Safety in climbing – Communication with rope mate*
8. *Rapel*
9. *Basic knots and equipment in rapel*
10. *Sports climbing*
11. *Coaching in climbing*
12. *Psychology of falls*
13. *Future and trends in climbing*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc.*	• Face to face Lectures and practical applications as well as distance learning • Visit to professional climbing companies • Guest speaker
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Use of ICT in Teaching
TEACHING ORGANIZATION *The ways and methods of teaching are described in detail.* *Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.* *The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.*	
STUDENT EVALUATION *Description of the evaluation process* *Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others* *Please indicate all relevant information about the course assessment and how students are informed*	• Practical examination (100%)

Activity	***Workload/semester***
Lectures	26
Field Exercise	25
Study and individual works	20
Interactive learning and analysis of digital material	4
Total	**75**

5. SUGGESTED BIBLIOGRAPHY

1. *Theodoropoulos, A. (2001). Climbing: Analytical technical guide Αναρρίχηση .Athens. Anavasi.*
2. *Mpelogiannis, Ch. Voutiropoulos, G. (2011). Climbing, The technique of the mountain. Athens, Anevainontas*
3. *Schweizer, A., & Hudek, R. (2011). Kinetics of crimp and slope grip in rock climbing. J Appl Biomech, 27(2), 116-121.*
4. *http://www.eooa.gr/wp-content/uploads/2010/07/kanonismoi_Agon_Anar.pdf*
5. *https://www.rockandice.com/how-to-climb/rock-climbing-technique*

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Matsouka Ourania
Contact details:	oumatsou@phyed.duth.gr
Supervisors:	NO
Evaluation methods:	Written examination with distance learning methods
Implementation Instructions:	The examination in the course will be carried out in subgroups of users in the e-class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat. The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance methods. Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified. Each student should answer multiple choice questions, free text development, critical thinking. Each of the questions is graded from 0.5 to 2.0 points depending on the question category.