

Colorado Outdoor Recreational Leadership Course Scope and Sequence

| Course Name | Rock Climbing I | | Course Details | Level 2 course in the Outdoor Recreational Leadership Pathway. | |
|--|--|---|------------------------------------|--|--|
| | | | Course = 0.50 Carnegie Unit Credit | | |
| Course Description | This course introduces basic rock climbing, improving dexterity, problem solving skills, and the physical work capacity of an individual. Enables the student to gain an understanding of the general principles of climbing; how equipment works and how it is used; basic climbing skills and techniques; safety and climbing etiquette and terminology. | | | | |
| Note: | This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered. | | | | |
| SCED Identification # | | Schedule calculation based on 60% of a semester instructional time. Scope and sequence allows for additional time for guest speakers, student presentations, field trips, remediation, or other content topics. | | | |
| All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at https://www.cde.state.co.us/standardsandinstruction/essentialskills | | | | | |
| Unit Number, Title and Brief Description | CTE or Academic Standard Alignment | Competency / Performance Indicator | Outcome / Measurement | CTSO Integration | |
| Unit 1: Introduction to Rock Climbing | Overview | Review climbing equipment. | | | |
| | Climbing Equipment | | | | |
| Unit 2: Rock Climbing Technique | Movements | Employ the basic principles of movement on rock such as hands, fingers, feet, and body techniques. | | | |
| Unit 3: Climbing Equipment | Rope | Identify the types and uses of various ropes. | | | |
| | Knots | | | | |
| | Harness | Demonstrate various knots use in rock climbing and how to tie-on to rope. | | | |
| | Climbing Hardware | | | | |
| Unit 4: Protection Equipment | Single Climbs | Review and practice setting anchors. | | | |
| | Multi-pitch climbs | Practice down climbing, safeguarding the climb, and emergency procedures. | | | |
| Unit 5: Belay and Rope Management | Direct and semi-direct belays Attachment to anchor | Recognize and practice the various types of belay techniques. | | | |

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