

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.			

	Top-roping	Practice Rappelling		
Unit 6: Climbing Terminology		Practice climbing terminology		
Unit 7: Protecting the climb	Rope Systems	Describe and manage various rope systems.		

Academic Standards Alignment

Colorado CTE courses are required to integrate academic and essential skills into course content. The following academic standards have been identified as aligned to this course and should be integrated throughout instruction.

[CO CTE Academic Standards Resources](#) (Rubrics, integration strategies, etc)

[CDE Colorado Academic Standards Online](#) (Online standards lookup tool)

Standard 1: Oral Expression and Listening

- Prepared Graduate 1: Collaborate effectively as group members or leaders who listen actively and respectfully; pose thoughtful questions, acknowledge the ideas of others; and contribute ideas to further the group's attainment of an objective.
 - Students work collaboratively during climbing activities, belay procedures, rope management, anchor construction, and emergency response scenarios, requiring effective communication, active listening, and teamwork to ensure safety and successful climbing outcomes.

Standard 2: Reading for All Purposes

- Prepared Graduate 4: Read a wide range of informational texts to build knowledge and to better understand the human experience.
 - Students interpret climbing equipment specifications, safety procedures, rope systems, climbing techniques, and emergency protocols to develop foundational knowledge and skills in rock climbing.
- Prepared Graduate 5: Understand how language functions in different contexts, command a variety of word-learning strategies to assist comprehension, and make effective choices for meaning or style when writing and speaking.
 - Students develop and apply specialized vocabulary related to climbing equipment, movement techniques, anchors, belaying, rope systems, safety procedures, and climbing terminology.

Standard 4: Research Inquiry and Design

- Prepared Graduate 10: Gather information from a variety of sources; analyze and evaluate its quality and relevance; and use it ethically to answer complex questions.
 - Students analyze climbing equipment, evaluate rope systems and protection methods, assess safety procedures, and apply technical knowledge to make informed decisions related to climbing practices and risk management.

Note: Mathematics and Science standards will be added in the future. Visit the [Colorado Academic Standards](#) page for the most current version.