UCL Université catholique de Louvain

LEDPH1052

2015-2016

Confidence and safety in free climbing and associated training course

12.0 credits	0 h + 60.0 h	1 + 2q

Teacher(s) :	Zintz Thierry ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	The student will gain a first expertise in the early stages of the indoor climbing techniques such as basic safety measures, knots, roping, belaying, self-belaying, lead climbing, relays, rappelling descent, technical clearance and emergency basis. In addition, he has practiced these techniques in natural sites, blocks or cliffs. It will: geography of the main sites of Wallonia, the geological, ecological and climatic condition the practice of climbing; the regulations relating to the practice group (degrees of difficulty, CAB, Patents, responsibilities, chains of relief ...); teaching progressions for teaching school and cliff.
Aims :	This body of teaching is organized into two complementary parts: (1) audacity and safety (2) climbing. After the "security exercise", the student will have experienced a large variety of tasks using the basic coordination in situations of high and deep. He will be aware of the educational approach inherent to this discipline: individual growth, enhancing the success of operating challenges, primacy to individual and collective security. *The contribution of this Teaching Unit to the development and command of the skills and learning outcomes of the programme(s) can be accessed at the end of this sheet, in the section entitled "Programmes/courses offering this Teaching Unit".*
Content :	This course aims to equip students with skills related to the indoor climbing and natural outdoor cliffs. It begins with a fundamental work on skills related to audacity and safety. It is followed by an introduction to the basics of the indoor climbing. It concludes with two natural outdoor cliff climbs. Students acquire the CATGSAE brevet during training. The evaluation focuses on the validation of security features, mastering climbing and belaying skills as well as on the presentation of a related theme close to the issue addressed.
Other infos :	Prerequisite: Support for the training of Tray 1 and 2 Rating: Continue and / or final practice with the possibility of interrogation (s) and / or a final exam to check the acquisition of knowledge associated with practice. Format: Course Portfolio: Holder (s), counselor (s) technique (s) and / or assistant (s) possibly assisted by student monitors.
Faculty or entity in charge:	FSM

Programmes / formations proposant cette unité d'enseignement (UE)				
Intitulé du programme	Sigle	Credits	Prerequis	Acquis d'apprentissage
Additionnal module in Motor skills	LEDPH100P	12	-	