UCLouvain

## ledph1052

2021

## Confidence and safety in free climbing and associated training course

12.00 credits	0 h + 60.0 h	Q1 and Q2

Teacher(s)	Francaux Marc;			
Language :	French			
Place of the course	Louvain-la-Neuve			
Prerequisites	The prerequisite(s) for this Teaching Unit (Unité d'enseignement – UE) for the programmes/courses that offer this Teaching Unit are specified at the end of this sheet.			
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.			
Learning outcomes	At the end of this learning unit, the student is able to:  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.			
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.			
Inline resources	See Moodle website of the course			
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			

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Programmes containing this learning unit (UE)						
Program title	Acronym	Credits	Prerequisite	Learning outcomes		
Additionnal module in Motor skills	APPEDPH	12		Q		