

FUNdamentals of Climbing 2: TECHNIQUE

Workshop Outline

(2017)

1. Aim
2. Introduction
3. Learning Outcomes
4. Course content
5. Structure
6. Teaching and Assessment Strategy
7. Eligibility
8. Resources



1 Aim

The aim of the FUNdamentals of Climbing 2 Workshop ¹ is to make climbing coaches aware of:

- the principle of the base of support in relation to centre of gravity,
- techniques for complex climbing movements,
- coaching techniques that can be used to develop these skills.

2 Introduction

This one-day FUNdamentals Workshop is part of the Long Term Participant Development (LTPD) model. Sport scientists have reported that there are critical times within a young person's life when the effects of training can be maximized. This has led to the development of the LTPD model, which identifies appropriate training aims at each stage of a child's development. The LTPD model has been applied to many sports, and there are five stages within it.

1. FUNdamentals,
2. Learning to Train,
3. Training to Train,
4. Training to Compete,
5. Training to Win.

The LTPD model is not just about winning medals, but rather about providing a framework for coaches that will allow them to assist participants in reaching their full potential.

The FUNdamentals stage should be the basis for any climber, irrespective of the activities they ultimately engage with, be that competition climbing, rock climbing, bouldering, ice climbing or alpinism; or a combination of them all – and would be beneficial even for participants who subsequently turn to other sports. The LTPD stages following FUNdamentals address sport specific requirements such as technique and training.

The FUNdamentals Workshop is taught at indoor climbing walls, and designed for anyone who currently coaches climbing, or aims to coach, and wishes to develop their coaching skills. For example, you may:

- currently hold a governing body award such as SPA, CWA or MIA and wish to develop your coaching skills,
- assist in climbing coaching in your school, scout group or voluntary organisation,
- wish to develop your coaching skills from scratch,

¹ 'FUNdamentals Workshop' is used as an abbreviation for 'FUNdamentals of Climbing 2 Workshop' throughout this document.

- wish to attain your Climbing Coach Award Level 2 (Development Coach) and Level 3 (Performance Coach – in development)

3 Learning Outcomes

By attending the FUNdamentals Workshop, you will be able to:

- explain, evaluate and demonstrate how the Centre of Gravity and the Base of Support combination operates on vertical terrain,
- explain, demonstrate and evaluate the importance of good body positioning on steeper terrain,
- explain, demonstrate and evaluate key climbing techniques for steeper terrain,
- identify and apply appropriate activities to develop these principles and climbing techniques.

4 Course Content

The following broad areas are covered in the FUNdamentals Workshop:

1. Centre of Gravity, Base of Support and Body Positioning on steep terrain
2. Balance on steep terrain
3. Opposing Forces and their application
4. Use of straight arms
5. Steep Rock techniques

See the “Guidance Notes” document for further detail.

5 Structure

The FUNdamentals Workshop is a minimum of 8 hours long.

The FUNdamentals Workshop is taught at indoor climbing walls, either bouldering or on roped climbs. Information will be provided in the following ways:

- Presentations
- Demonstrations
- Written resources

6 Teaching and Assessment Strategy

The learning strategy will encompass learning by doing, learning with understanding and problem based learning to actively engage you in the process of investigation and with the acquisition of knowledge and key skills required to support it.

The teaching and assessment strategy incorporates formative assessment as a means of guiding you towards the attainment of the learning outcomes. As part of the formative assessment you will be encouraged to reflect upon your personal development.

There is no summative assessment resulting in a pass or fail. However, you will put into action what is being taught and you will receive verbal feedback throughout. By the end of the workshop you should have a picture of how you can apply the techniques and skills you have learnt in your own work. The more you put into the workshop, the more you will get out of it. The FUNdamentals Workshop may be acceptable as evidence of accredited prior learning for local and national coaching qualifications.

There is an emphasis on practical learning through 'doing', and so you will be encouraged to share personal experiences in order to increase learning within the group. You will spend a large part of the workshop practicing the techniques in groups and pairs, providing the opportunity to explore coaching techniques in peer groups.

A certificate of attendance will be awarded by a National Mountaineering Council.

7 Eligibility

In order to attend a FUNdamentals of Climbing 2 Workshop you need to have some climbing experience and to have attended a FUNdamentals of Climbing 1 Workshop. The minimum age for attendance is 14 years old.

Your personal climbing ability or technical competence is not a focus for the day. However you must be able to put a harness on, tie in and belay.

Any experience you have previously gained through teaching others will help you gain more from the day in terms of being able to reflect on what is being covered during the course.

8 Resources

- Mountaineering Scotland Coach Resource Pack

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