

FUNdamentals of Climbing 3: ADVANCED TECHNIQUE & MOVEMENT

Workshop Outline

(2017)

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1 Aim

The aim of the FUNDamentals of Climbing 3 Workshop ¹ is to make climbing

Coaches understand a broad spectrum of techniques and how to apply them on different surfaces and climbing holds.

2 Introduction

The theme of this course will be the application of centre of gravity through climbing technique, continuing on from Fundamentals 1 and 2. Initially the group will brainstorm various techniques that they are aware of. Then, in a practical session will explore some of these techniques and examine how centre of gravity applies to them in the following situations:

- Advanced handholds (volumes, slopers, undercuts and sidepulls)
- Advanced feet (smears, heel hooks, toes)
- Different angles (slabs, vertical, overhanging and roofs)

Through a mixture of theory and practical sessions, we will introduce the concept of dynamic movement and apply this to the above techniques that have been covered in the morning. Here will we investigate the theory and application of dead-pointing and dynamic movement including 'dynos'.

The FUNDamentals 3 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. This 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 into more advanced levels,
- wish to attain your Climbing Coach Award Level 2 (Development Coach).

3 Learning Outcomes

By attending the FUNDamentals Workshop, you will have:

- explain, evaluate and demonstrate a deeper understanding of the application of centre of gravity in a wide range of real climbing situations,
- explain, demonstrate and evaluate coaching techniques used to break down a whole range of key climbing techniques,
- identify and apply appropriate use of video to break down techniques and understand Centre of Gravity & Base of Support in advanced situations.

¹ 'FUNDamentals Workshop' is used as an abbreviation for 'FUNDamentals of Climbing 3 Workshop' throughout this document.

4 Course Content

The following broad areas are covered in the FUNdamentals Workshop:

1. Centre of Gravity & Base of Support in 3D climbing
2. Advanced Hands & Feet
3. Dynamic Movement
4. Advanced 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

It is necessary to have completed the FUNDamentals of Climbing 1 and 2 Workshops in order to attend a FUNDamentals of Climbing 3 Workshop. The minimum age for attendance is 16 years old.

Your personal climbing ability or technical competence is not a focus for the day. However you must be fully competent at leading indoors at 6a+, and bouldering at V3, and be a competent belayer.

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

- The Mountaineering Scotland Coach Resource Pack

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