

<b>NAME OF THE COURSE</b>	<b>Sport climbing</b>						
<b>Code</b>		<b>Year of study</b>	2nd year of graduate study				
Course teacher	Associate Professor Miodrag Spasić	<b>Credits (ECTS)</b>	3				
Associate teachers	PhD Barbara Gilić Škugor	<b>Type of instruction (number of hours)</b>	L	S	E	F	
			10	10	25	0	
Status of the course	Elective	<b>Percentage of application of e-learning</b>	0				
<b>COURSE DESCRIPTION</b>							
Course objectives	To acquire basic theoretical knowledge and practical skills in sport climbing techniques. To acquire basic knowledge on how to independently use climbing equipment, move through the climbing wall using a variety of techniques and to conduct climbing training sessions for people of all age groups.						
Course enrolment requirements and entry competences required for the course	None.						
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<ul style="list-style-type: none"> <li>- Acquire specific knowledge on how to use basic climbing equipment</li> <li>- Define safety protocols on the climbing wall</li> <li>- Acquire knowledge on physiological and psychological demands of climbing</li> <li>- Analyze basic climbing techniques on different wall heights and angles</li> <li>- Demonstrate different climbing disciplines (lead, bouldering, speed)</li> <li>- Measure basic anthropometric and fitness testing procedures essential for sport climbers</li> <li>- Create conditioning programs for sport climbers</li> </ul>						
Course content broken down in detail by weekly class schedule (syllabus)	<b>Course content (lectures)</b>		<b>Number of hours</b>	<b>Classes held by</b>			
	Introduction to sport climbing and its history		1				
	Equipment in sport climbing (indoor and outdoor)		2				
	Basic competition rules and Olympic climbing disciplines		1				
	Anthropometric status of sport climbers		2				
	Physiological and psychological demands of sport climbing		2				
	Biomechanical analysis of sport climbing movements		2				
	<b>Course content (seminars)</b>		<b>Number of hours</b>	<b>Classes held by</b>			
	Methodology of learning to move on different types of hand holds and foot holds		3				
	Basic equipment usage (belaying, clipping)		2				
	Basic testing procedures in sport climbing research		2				
	Planning and programming conditioning programs for sport climbers		3				

	<b>Course content (exercises)</b>		<b>Number of hours</b>	<b>Classes held by</b>	
	Methodology of lead climbing (top rope)		6		
	Methodology of lead climbing (clipping)		4		
	Methodology of bouldering climbing on vertical climbing wall		4		
	Methodology of bouldering climbing on overhanging (45°) climbing wall		4		
	Methodology of speed climbing		1		
	Climbing outdoors (sport climbing routes on natural rock)		6		
Format of instruction	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work		<input checked="" type="checkbox"/> independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input checked="" type="checkbox"/> work with mentor <input type="checkbox"/> (other)		
	Student responsibilities				
Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)	Class attendance	1	Research	Practical training	1
	Experimental work		Report	(Other)	
	Essay		Seminar essay	(Other)	
	Tests		Oral exam	(Other)	
	Written exam	1	Project	(Other)	
Grading and evaluating student work in class and at the final exam	Final grade on the course Sport climbing is determined based on the achieved results from: <ul style="list-style-type: none"> <li>- Practical exam – methodology of basic climbing techniques and using equipment, carries 50% of the final grade</li> <li>- written exam - carries 50% of the final grade</li> </ul>				
Required literature (available in the library and via other media)	<b>Title</b>		<b>Number of copies in the library</b>	<b>Availability via other media</b>	
	Horst, E. (2008). Training for climbing: The definitive guide to improving your performance. Rowman & Littlefield.			Moodle	
	Schmid, S. E., & Florine, H. (2011). Climbing-Philosophy for Everyone: Because It's There.			Moodle	
	Seifert, L., Wolf, P., & Schweizer, A. (Eds.). (2016). The Science of Climbing and Mountaineering. Taylor & Francis.			Moodle	
Optional literature (at the time of submission of study programme proposal)	<ul style="list-style-type: none"> <li>• Gilić, B., Vrdoljak, D., Kesic, M. G., &amp; Spasic, M. (2023). Lipid Profile of Youth Sport Climbers: A Preliminary Investigation. Polish Journal of Sport and Tourism, 30(4), 33-37.</li> <li>• Gilic, B., &amp; Vrdoljak, D. (2023). Sport-specific performances in elite youth sport climbers; gender, age, and maturity specifics. Biomedical Human Kinetics, 15(1), 49-56.</li> <li>• Gilic, B., Feldmann, A., Vrdoljak, D., &amp; Sekulic, D. (2023). Forearm muscle oxygenation and blood volume parameters during sustained contraction performance in youth sport climbers. The journal of sports medicine and physical fitness.</li> <li>• Saul, D., Steinmetz, G., Lehmann, W., &amp; Schilling, A. F. (2019). Determinants for success in climbing: A systematic review. Journal of Exercise Science &amp; Fitness, 17(3), 91-100.</li> <li>• Burbach, M. (2004). Gym climbing: Maximizing your indoor experience. The Mountaineers Books.</li> </ul>				
Quality assurance methods that ensu	Individual work with teacher, conversation, participation in class, class attendance registering, final questionnaire on the subject and teacher efficiency.				

re the acquisition of exit competences	
Other (as the proposer wishes to add)	