

HESO 283 - Mountaineering Syllabus
Spring 2019
Monday's: 3pm-5pm & NH Expedition

Instructor: Scott Schneider
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Office hours: By appointment
Credit hours: One
Course prerequisites: HESO 257, HESO 258, or equivalent skills
Trip dates: **March 8-17th (Spring Break)**

Required Text: Course packet: HESO 283 Mountaineering, (2005). The course pack is available at the NCSU bookstore (around \$8) or available for free download at the course website.

Optional Text: Eng, Ronald. (2010). Mountaineering: The Freedom of the Hills (8th ed.). Seattle: The Mountaineers. (\$30)

Course Description: Instruction and experience in alpine travel, camping skills, and selected climbing skills. Emphasis on mountaineering equipment, winter clothing, winter minimal impact travel and camping techniques, land navigation, winter hazard evaluation, first-aid and safety, and trip planning. Attendance the three classroom sessions prior to outing is required and participation in a 10-day field trip is mandatory. Field trip dates 3/8/18-3/17/18.

Students must pay an **\$800 charge**, which will cover the cost for equipment, food, camping, travel and access charges by the third week of class. All money (credit card/debit card) are paid via the HES E Store. The link will be provided on the Moodle site for this course. It can also be accessed by this link:

<https://commerce.cashnet.com/NCSUHES>

- A **\$200 non-refundable deposit will be due upon registration.**
- A **balance of \$600 is due by the third class.**

Academic Minors in the Department of Health and Exercise Studies: The Department of Health and Exercise Studies (HES) offers five (5) academic minors including Outdoor Leadership, Coaching Education, Sport Science, Dance and Health. More information about all classes and programs offered within the department can be found at <https://hes.dasa.ncsu.edu>.

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies support the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Physical Education course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an

appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at <https://healthypack.dasa.ncsu.edu/appointments/>)

GEP Objectives for Courses in the Category of Health and Exercise Studies

Each course in the physical education category of the General Education Plan will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility, and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP/Course and Student Learning Outcomes

By the end of this course, students will be able to:

1. Understand and acquire the fitness requirements associated with the sport of mountaineering including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility, and body composition.
2. Execute basic alpine camp-craft skills associated with mountaineering in a backcountry environment to develop, maintain, and sustain an active and healthy lifestyle.
3. Successfully navigate safely and efficiently in alpine and winter environments.
4. Acquire the knowledge, skill and experience necessary to independently plan and carry out a successful outing.
5. Demonstrate competence in a variety of belay techniques, rappelling, self arrests, climbing techniques and self and partner rescues.
6. Identify and explain mountaineering terminology.
7. Explain the use and care of mountaineering equipment and the importance of appropriate clothing.
8. Identify the minimal impact and ethical skills associated with travel in the alpine backcountry.
9. Identify the hazards and risks associated with the sport of mountaineering.

Grading:

- **Workout Log/Journal- 25%**- Students will complete a workout log that will include 10-one and a half mile runs or 3+ mile hikes, 10 climbing sessions, and 10 journal entries. The log will include date of run/hike/climb, basic details about the experience/insights learned. The journal will include reflective prompts about how the student in learning, growing, and changing from this course and their time spent in nature.
- **Physical Skills Exam- 40%**- Students will be expected to demonstrate their knowledge of skills taught in class by completing a physical skills checklist. The checklist will consist of ten common mountaineering practices that will be introduced during the course. Students will be required to complete all 10 skills before the final field trip day and may elect to check off a skill as soon as it is presented to the class.
- **Written Exam- 35%**- This will be a comprehensive exam of all information presented in classroom sessions, workshops, and field trip presentations. Please bring a notebook to class and outing as well as a pencil and pen (remember ink freeze). The exam will be given on the last day of the course.

Late Assignments- No late assignments will be accepted.

Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

See: <http://policies.ncsu.edu/regulation/reg-02-20-03> for more information.

- **You must attend all of the classes. You will not be able to go on the field trip if you miss a class.**
- Anyone texting or using a cell phone during class time will be asked to leave class and will be marked **absent**.
- Students are required to participate in the field trip experience regardless of other commitments, jobs, and course loads. If you do not have time to do so, please consider taking the course at another time.

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

Grading Scale

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
0 - 59.99 = F		

For Outdoor Leadership Minor students: You must take the class for a letter grade and must receive a "C-" or better if you are enrolled in the Outdoor Leadership Minor.

Student Ombuds: <https://ombuds.dasa.ncsu.edu/>

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to: <https://policies.ncsu.edu/regulation/reg-02-20-15/>

Note: The student is responsible for requesting credit only grading on MyPack Portal by the University dead line.

Requirements for Auditors: Audit students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade.
<https://policies.ncsu.edu/regulation/reg-02-20-04/>

Incomplete grades: <https://policies.ncsu.edu/regulation/reg-02-50-03/>

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Class evaluations: <https://oirp.ncsu.edu/classeval/>

Class evaluations for students: <https://oirp.ncsu.edu/classeval/for-students/>

General Information Form, Liability Waiver, and Medical Form: These forms are in your course packet and on the course website. They must be completed and turned into the instructor by the second class meeting. Students will not be able to go on the field experience unless all forms are completed and turned in. **You must have medical/health coverage to participate in this course.**

Equipment: NCSU will have the following gear available for student use: tent, sleeping bag w/ stuff sac, sleeping pad, stove and fuel, cooking gear, and backpacks. The student is responsible for any equipment checked out in his/her name. **Students must provide all items on the personal equipment list.** Students will be able to use personal gear if it gets approved by instructor prior to the field trip.

Dress: Students are expected to attend class in appropriate attire.

Meeting Area: Classes will meet in the scheduled classroom.

General Information:

- 1. Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code:** "I have neither given nor received unauthorized aid on this test or assignment." It is the understanding and expectation of the instructor that the student's signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: <https://policies.ncsu.edu/policy/pol-11-35-01>
- 2. Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with the Disability Resource Office <https://dro.dasa.ncsu.edu/> at Holmes Hall, Suite 304, Campus Box 7509, 919-515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation (REG02.20.01) <https://policies.ncsu.edu/regulation/reg-02-20-01/>
- 3. Non-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, creed, sex, national origin, age, disability, veteran status, or sexual orientation is a

violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on race, color, religion, creed, sex, national origin, age, disability, veteran status, or sexual orientation also is a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at: <https://policies.ncsu.edu/policy/pol-04-25-05/>. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 919-515-3148 or reach them online at: <https://oied.ncsu.edu/divweb/equity/>

4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. All HES clothing (shorts, t-shirts, and towels) are to be returned by the last day of exams. Students will be charged for clothing not returned. All personal items left in the locker will be disposed of.
7. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
8. Cell phones and MP3 players are prohibited in class.
9. An instructor must be present for students to climb or boulder at Faux Rock.
10. Gymnastics equipment is off-limits for all rock climbing students.
11. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
12. When we leave campus for class, we can use a university vehicles for transportation. The university will provide transportation to and from field trip locations via 15- passenger van.
13. When we are on the field experience, it is a university related function and should be treated as such. Alcohol, tobacco, and drug use are **prohibited** for the duration of this course. Participants who violate these rules are subject to **removal from the course, receive a failing grade, and discuss actions with the NCSU Office of Student Conduct**. Transportation back to NCSU will be at the participant's expense.
14. If you use prescription drugs of **any kind**, please indicate on your medical form and let the instructor know.

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The following class schedule is tentative and is subject to change

Class #	Date	Where	Activity	Readings
1	1/7	Lakes Classroom Rec Center	Syllabus, safety, itinerary, intros, gear list review, Heat loss/staying warm, layering, personal equipment, and hypo/hyper	Pages 11-18
2	2/4	Lakes/Outside	Stoves, nutrition, hydration, tents, and packs	Pages 16-17
3	2/11	Lakes/Outside	Land Navigation	Pages 21-26
4	2/25	Faux Rock	Belaying and Rappelling	Pages 15-17, 27
5	3/4	Lakes	Gear Issue	
6	3/8	Hostel	Drive to NH – Depart 5am	
7	3/9	Tuckerman Ravine	Sleeping warm, thermoregulation, group equipment issue and packing	
8	3/10	Tuckerman Ravine	Avalanche safety, rope teams, static ropes, ice axe positions, summit attempt	Pages 28-31, 36-39
9	3/11	Tuckerman/ Hostel	Summit attempt, hike out, and potential ice climbing introduction	Pages 36-39, 41
10	3/12	Crawford Notch/Hostel	Vertical ice climbing	Pages 32-35
11	3/13	Crawford Notch/Hostel	Vertical ice climbing	Pages 32-35
12	3/14	Nauman Campsite	Hike in, camp set-up, snow shoe use	Pages 32-35, 39
13	3/15	Nauman Campsite	Summit attempt, ice axe review, map and compass review	Pages 32-35, 40, 42
14	3/16	Hostel	Hike out, Equipment return, written exam and workout log due	
15	3/17	Home	Drive back to NC – arrive about 10 pm	
16	3/18	Lakes Classroom	Gear clean up and return	