

**Northwestern Connecticut Community College
Course Syllabus**

Course Title: Indoor Climbing

Course Number: HPE 281

Course Description: One Credit

Students will learn the basics of indoor wall climbing which includes, but is not limited to, safely using climbing equipment presented, the basics of indoor climbing, proper conduct on and around the climbing wall, and team belay on a climbing wall. Students should wear comfortable clothing and shoes that are appropriate for climbing (no flip-flops or open-toed shoes).

Pre-req/Co-req: None

Outcomes: Upon successful completion of the class, students will learn the basics of indoor wall climbing on the NWCC climbing wall which includes, but is not limited to: how to safely use climbing equipment presented, the basics of indoor climbing, proper conduct on/around the NWCC climbing wall and team belay.

Goal: To give students an opportunity to learn about and safely use the indoor climbing wall of NWCC.