FUNdamentals of Climbing 1

Workshop Outline

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1 Aim

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

- climbing movement principles at the FUNdamentals stage, and,
- coaching techniques that can be used to develop these principles

2 Introduction

The 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.

The focus of the LTPD model is young people, as it is concerned with the relationship between a child's physical and emotional maturation and their engagement with sport. Of particular interest is what is described as 'Windows of Opportunity', which present themselves at the key stages within a child's development.

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

However, the FUNdamentals Workshop is not designed solely for those working with young people, as both children and adults will benefit from learning fundamental movement skills.

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

1. Describe the essential principles of the LTPD model
2. Demonstrate and explain basic coaching pedagogy
3. Structure an appropriate warm up
4. Explain, demonstrate and evaluate the key climbing movement principles
5. Identify and apply appropriate games to develop the FUNdamentals of climbing movement

4 Course Content
The following broad areas are covered in the FUNdamentals Workshop:

- Long Term Participant Development and Windows of Opportunity
- Basic coaching pedagogy
- Warming up
- Agility Balance and Co-ordination
- FUNdamental movement skills
- Climbing games

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 on the day and you will receive verbal feedback throughout. By the end of the day 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 day, 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 day 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 Workshop you do not need any formal climbing qualifications (however they can be beneficial). Participants are required to have some climbing experience. You should have an interest in developing your climbing coaching skills. 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

Electronic FUNdamentals Workshop pack