

PSY—PSYCHOLOGY

PSY 1010 **SS**
General Psychology†

3:3:0 **Su, F, Sp; DE**
 An introductory course in modern scientific psychology. Covers major domains of scientific psychology including biological foundations, sensations, perception, learning, motivation, human development and abnormal psychology. Examines major psychological and professional applications.

PSY 101H **SS**
General Psychology

3:3:0 **F**
 Covers major domains of scientific psychology including biological foundations, sensation and perception, learning, motivation, human development, and abnormal psychology. Examines major psychological and professional applications. Students will be expected to write at least two papers and work collaboratively.

PSY 1100 **SS**
Human Development Life Span

3:3:0 **Su, F, Sp; DE**
 An integrated approach to human development from conception and birth to old age and death. Causes students to examine their own growth and developmental patterns and learn to understand the characteristics of various developmental stages. Studies the major physical, cognitive and psychosocial themes and issues of human development. Includes genetics, prenatal development, birth, early/middle/late childhood, adolescence, early/middle/late adulthood, and death.

PSY 1150 (Cross-listed with: SOC 1150)
Marriage/Relationship Skills

3:3:0 **Sp, F**
 For students interested in building a lasting relationship. Examines marital research and the factors and issues that help determine whom and when to marry. Utilizes research based practices to resolve specific relationship challenges. Stresses increased understanding of desirable relationship outcomes and how to achieve them.

PSY 2250
Psychology of Interpersonal Relationships

3:3:0 **Su, F, Sp**
 • Prerequisite(s): ENGL 1010 and PSY 1010
 For Behavioral Science majors only. Integrates cognitive psychological theory in an experiential setting to build personal communication skills. Helps students better understand their interactions with others. Teaches practical skills used in personal, professional, and social relationships. Studies problem-solving models and

conflict resolution methods.

PSY 2400
Psychology of Personal Effectiveness

3:3:0 **F, Sp**
 • Prerequisite(s): PSY 1010 and ENGL 1010
 Assists students in exploring psychological theories as they apply to individual growth and adjustment.

PSY 275R
Survey of Current Topics

3:3:0 **On Sufficient Demand**
 • Prerequisite(s): (ANTH 1010 or PSY 1010 or SOC 1010) and ENGL 1010
 Presents selected topic in Psychology and will vary each semester. Approaches subjects from cross-disciplinary perspective. Requires a project demonstrating competency in the specific topic. May be repeated for nine credits toward graduation.

PSY 2800 (Cross-listed with: HLTH 2800)
Human Sexuality

3:3:0 **Su, F, Sp**
 • Prerequisite(s): ENGL 1010
 • Corequisite(s): ENGL 1010
 Interdisciplinary course in human sexuality, exploring topics in biology, health, psychology, and sociology. Introduces basic concepts of human sexuality including anatomy, reproduction, and sexual response across the life-cycle. Studies gender roles, sexual orientation, dysfunction, and sexually transmitted disease. Examines sexual behavior from the perspective of ethics, religion, the law and education. Students assess their sexual attitudes and should be able to make responsible sexuality decisions. An elective psychology course for students pursuing a degree in Behavioral Science. Note: Due to Utah State Laws regarding sexuality education, students registering for PSY 2800 must be 18 years of age or a high school graduate.

PSY 3010 (Cross-listed with: SOC 3010)
Statistics for the Behavioral Sciences

4:4:0 **Su, F, Sp**
 • Prerequisite(s): MAT 1000 or MAT 1010 or HIGHER and (PSY 1010 or SOC 1010).
 Introduces use of statistics for research purposes. Teaches descriptive and inferential statistics. Includes central tendency, variability, correlation and regression, probability (particularly probability distributions), and various inferential techniques such as t-test for independent and dependent samples, one-way and two-way analysis of variance, post-hoc tests, and non-parametric statistics.

PSY 3020 (Cross-listed with: SOC 3020)
Research Methods for the Behavioral Sciences

3:3:0 **Su, F, Sp**
 • Prerequisite(s): (ENGL 2010 or ENGL 2020) and (PSY 1010 or SOC 1010) and (PSY 3010 or SOC 3010)
 Introduces research methods commonly

used in behavioral science research. Includes data, subjects, populations, and various experimental designs including non-experimental and Quasi-experimental methods, and experimental designs, including within and between subject designs. Presents basic reasoning behind inferential statistics, without the detail. Requires a student designed research project and write-up of the results in APA Style.

PSY 3100
Psychology of Gender

3:3:0 **F**
 • Prerequisite(s): PSY 1010 and (ENGL 2010 or ENGL 2020)
 For Behavioral Science majors and others interested in gender issues from a psychological perspective. Examines the topic of gender behaviors and attitudes that relate to (but are not entirely congruent with) biological sex. Discusses biological influences on gender, gender differences, gender development, and the influence of gender on various dimensions of daily life.

PSY 3150 (Cross-listed with: SW 3150, LEGL 3150)
Survey of Dispute Resolution

3:3:0 **Sp, F**
 • Prerequisite(s): (PSY 1010 or SOC 1010 or SW 1010) or LEGL 1000
 Offers an introduction to the most commonly practiced dispute resolution processes, including negotiation, mediation, arbitration, and litigation. Studies conflict resolution theory and explores contemporary dispute resolution policy issues. Involves participation in simulations of various dispute resolution processes, including interviewing and counseling, negotiation, mediation and arbitration.

PSY 3200
Infancy and Childhood Development

3:3:0 **F, Sp**
 • Prerequisite(s): PSY 1010 and (ENGL 2010 or ENGL 2020)
 Teaches major theories of infant and child development. Identifies the sequence of development including physical, mental, and emotional conditions. Studies special needs and exceptional children. Examines parenting styles. Emphasizes development of the 'whole child'.

PSY 3210
Adolescent Development

3:3:0 **F, Sp**
 • Prerequisite(s): PSY 1010 and (ENGL 2010 or ENGL 2020)
 Focuses on physical, social, mental and emotional development of adolescents. Examines current research regarding optimal conditions for healthy maturation and separation/individuation from parents. Addresses adjustment problems, prevention, and remedies.

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Course Descriptions

PSY 3220

Adult Development

3:3:0 Sp

• Prerequisite(s): PSY 1010 and (ENGL 2010 or ENGL 2020)

Studies adult developmental stages (end of adolescence through old age). Examines stable patterns and predictable changes in physiological and psychological and cognitive processes, emphasizing current research in optimal adult functioning.

PSY 3240 (Cross-listed with: SOC 3240)

Applied Marriage

3:3:0 Sp, F

• Prerequisite(s): (PSY 1010 or SOC 1010) and (ENGL 2010 or ENGL 2020) and (PSY 1150 or SOC 1150)

Increases knowledge of research based methods and programs to enhance marriage relationships. Prepares students to administer and evaluate pre-marriage and marriage assessments and teach selected portions of a marriage enhancement education program.

PSY 3250 (Cross-listed with: SOC 3250)

Applied Parenting

3:3:0 Sp, F, DE

• Prerequisite(s): (PSY 1010 or SOC 1010) and (ENGL 2010 or ENGL 2020)

Exposes students to classical and contemporary parenting theory, research, and practice. Application to the guidance of children is the core focus. Course material includes the study of parenting: concepts, challenges, risks, and alternatives while considering the social, physical, emotional, intellectual, and spiritual environments of the child.

PSY 3400

Abnormal Psychology

3:3:0 Su, F, Sp

• Prerequisite(s): PSY 1010 and (ENGL 2010 or ENGL 2020)

Foundation course for psychology majors. Examines the psychology of abnormal behavior, historical explanations and current biological and psychological theories of abnormal behavior. Emphasizes the description of mental disorders according to the American Psychiatric Association Diagnostic and Statistical Manual (DSM IV-R).

PSY 3410 (Cross-listed with: SW 3410, COMM 3410, LEGL 3410)

Fundamentals of Mediation and Negotiation

3:3:0 Sp, F

• Prerequisite(s): (PSY 1010 or SOC 1010 or SW 1010) or COMM 1050 or LEGL 1000

Prepares students to understand and participate knowledgeably on a basic level in the processes of mediation and negotiation. Improves conceptual knowledge of both processes and improves practical skills and effectiveness as a mediator and negotiator. Uses an interactive-workshop format that blends theory with simulated class role-play.

PSY 3420

Learning Memory and Cognition

3:3:0 Su, Sp

• Prerequisite(s): PSY 1010 and (ENGL 2010 or ENGL 2020)

Introduces students to the core concepts of learning, memory, and cognition. Includes classical and operant conditioning, modal model of memory, and higher cognitive processes. Explores animal as well as human research.

PSY 3430

Psychopharmacology

3:3:0 Sp

• Prerequisite(s): PSY 1010 and (ENGL 2010 or ENGL 2020)

Addresses basic principles of nervous system function with emphasis on communication between nerve cells. Focuses on therapeutic drugs as well as drugs of abuse to include mechanisms of action and behavioral effects.

PSY 3450

Physiological Psychology

3:3:0 F

• Prerequisite(s): PSY 1010 and (ENGL 2010 or ENGL 2020). Recommended ZOO 1090 or higher.

Identifies major interactions between physiology and behavior. Covers physiological analysis, structures, and functions of the nervous system. Investigates topics including sensory and motor function, states of consciousness, sexual behavior, psychopathology, learning and memory.

PSY 3460

Personality Theory

3:3:0 Su, F, Sp

• Prerequisite(s): PSY 1010 and (ENGL 2010 or 2020)

Introduces the basic psychological theories attempting to answer the question 'What is Personality'? Examines the scientific study of the uniqueness of each of us as individuals. Explores how individuals develop personality similarities as well as differences by examining classical personality theories, societal influences, cultural variations, behavioral genetics, anatomy and biochemistry, sex and gender differences and family function.

PSY 3500 (Cross-listed with: SOC 3500)

Social Psychology

3:3:0 Su, F, Sp

• Prerequisite(s): (PSY 1010 or SOC 1010) and (ENGL 2010 or 2020)

Studies the ways in which social context influences behavior. Reviews both social and psychological research. Includes culture and personality theory. Presents a multi-disciplinary approach to understanding human behavior. Requires a research project to observe and report individual or group behavior in a real life setting.

PSY 3550 (Cross-listed with: SW 3550)

Thanatology--Death and Dying†

3:3:0 On Sufficient Demand

• Prerequisite(s): (PSY 1010 or SW 1010) and (ENGL 2010 or ENGL 2020)

Introduces students to the subject of thanatology. Reviews theories and research associated with death and dying. Examines death systems, cultural norms, taboos and rituals. Studies the health care system, public policy, laws, and customs. Addresses death from a developmental perspective. Explores life-threatening illness, suicide, and end-of-life issues. Reviews grief and loss themes. Familiarizes students with vocabulary and explores related human service occupations such as bereavement counseling and hospice care.

PSY 3620 (Cross-listed with: SOC 3620, ANTH 3620)

Intercultural Relations

3:3:0 Sp

• Prerequisite(s): (PSY 1010 or SOC 1010 or ANTH 1010) and (ENGL 2010 or ENGL 2020)

Investigates potential psychological, sociological, and anthropological techniques for transcending our own culture to more objectively study current hot spots involving the United States and other governments.

PSY 3700 (Cross-listed with: ANTH 3700)

Psychological Anthropology

3:3:0 F

• Prerequisite(s): PSY 1010 and ANTH 1010 and (ENGL 2010 or ENGL 2020); PSY 3400 Strongly recommended

Explores interrelationships of individual personality to elements of Western and non-Western sociocultural systems. Relations of sociocultural contexts to self, motives, values, personal adjustment, stress and pathology are examined using case histories and ethnography. Studies the idea of self and personality, normality and deviance, and mental health and mental illness across social and cultural boundaries.

PSY 3750 (Cross-listed with: SW 3750)

Child Abuse/Neglect and Domestic Violence

3:3:0 F, Sp

• Prerequisite(s): SW 1010 and PSY 1100 and PSY 3400

Reviews definitions of child abuse and neglect and other forms of domestic violence using a multidisciplinary perspective. Explores theories explaining the causes of abuse/neglect and domestic violence. Identifies indicators of abuse/neglect and aids students in making assessments and intervening in situations of abuse/neglect and domestic violence. Educates students in mandatory reporting laws and the workings of the child welfare system in efforts to intervene and prevent abuse/neglect. Addresses current policy issues pertinent to child abuse/neglect and domestic violence and identifies effective methods in which students can advocate for social change within the social and child welfare system.

PSY 3800 (Cross-listed with: SW 3800)

Clinical Interviewing Skills

4:3:3 **Sp, F**

• Prerequisite(s): SW 1010 and PSY 3400
 Develops knowledge of and skill in clinical interviewing. Familiarizes students with a broad range of clinical interviewing skills. Uses class discussions, video clips of master clinicians, instructor modeling, in-class practice, videotaped role plays, and class and instructor evaluations of role plays.

PSY 4010

Experimental Psychology

3:3:0 **Sp, Su, F**

• Prerequisite(s): (ENGL 2010 or ENGL 2020) and (ANTH 1010 or PSY 1010 or SOC 1010) and (PSY 3010 or SOC 3010) and (PSY 3020 or SOC 3020)

Explores various experimental research designs (true experimental and quasi-experimental), emphasizing application and evaluation. Students will be required to conduct an original psychological experimental research project.

PSY 4020 (Cross-listed with: SOC 4020)

Survey Research Design

3:3:0 **Sp, Su, F**

• Prerequisite(s): (ENGL 2010 or ENGL 2020) and (ANTH 1010 or PSY 1010 or SOC 1010) and (PSY 3010 or SOC 3010) and (PSY 3020 or SOC 3020)

Teaches methods of conducting survey research. Includes how to construct, validate, and administer surveys; how to conduct interviews; how to report data, and how to interpret findings.

PSY 4030 (Cross-listed with: SOC 4030, SW 4030)

Introduction to Practice Evaluation and Grant Writing

3:3:0 **F**

• Prerequisite(s): (ENGL 2010 or ENGL 2020) and (PSY 3020 or SOC 3020)

Introductory course providing practical guidance for conducting of an evaluation study from its inception, through the planning stage, to research design, data collection, data analysis and the reporting, dissemination and application of conclusions.

PSY 4040

Applied Psychology

3:3:0 **Sp, F**

• Prerequisite(s): PSY 3020
 Uses psychological theory, methods, and knowledge to actively analyze and engage problems facing a variety of clients. Discusses a variety of organizations including businesses, government, religion, social science, health care, criminal justice, and others. Utilizes psychological tools to identify, investigate, and actively seek viable solutions to issues that can be applied by organizations to achieve greater success. Requires students to develop, carry out, and professionally present an original research project.

PSY 4050 (Cross-listed with: SW 4050)

Clinical Research

3:3:0 **F**

• Prerequisite(s): (ENGL 2010 or ENGL 2020) and (PSY 3010 or SOC 3010) and (PSY 3020 or SOC 3020)

Introduces students to the field of clinical research. Integrates traditional psychological research methods and the area of clinical practice. Uses the scientist-practitioner model to demonstrate common research methodologies and examine clinical outcomes. Applies quantitative and qualitative methods in a clinical setting. Focuses on determining the effectiveness of therapeutic process and outcome using research.

PSY 4100 (Cross-listed with: SW 4100, COMM 4100, LEGL 4100)

Advanced Mediation and Negotiation

3:3:0 **Sp, F**

• Prerequisite(s): PSY 3410 or SW 3410 or COMM 3410 or LEGL 3410

Prepares students to perform at an advanced level in the processes of mediation and negotiation. Builds on the fundamentals learned in the basic course, improves knowledge of both processes, and sharpens practical skills and effectiveness as a mediator or negotiator. Uses an interactive-workshop format that blends theory with simulated class role-play.

PSY 4150

Tests and Measurements

3:3:0 **On Sufficient Demand**

• Prerequisite(s): (ENGL 2010 or ENGL 2020) and (ANTH 1010 or PSY 1010 or SOC 1010) and (PSY 3010 or SOC 3010)

Introduces the history of psychological tests, examines tests in use at the present time and considers the appropriate roles of psychological testing in modern society. Studies individual and group assessment in the areas of intelligence, aptitude, achievement, personality and interest. Critically evaluates tests and other instruments of measurement for validity and reliability.

PSY 4200 (Cross-listed with: SW 4200, LEGL 4200)

Domestic Mediation

3:3:0 **Sp, F**

• Prerequisite(s): LEGL 3410 or PSY 3410 or SW 3410 or instructor approval

Prepares students to understand and participate knowledgeably and effectively in the process of domestic mediation. Improves conceptual knowledge about and understanding of the domestic mediation process as well as improving practical negotiation and mediation skills. Utilizes a highly interactive workshop format that blends theory with practice in simulated class role plays.

PSY 4300 (Cross-listed with: SW 4300)

Introduction to Counseling and Psychotherapy

3:3:0 **Su, F, Sp**

• Prerequisite(s): (PSY 1010 or SW 1010) and PSY 3400 and (ENGL 2010 or ENGL 2020)

Surveys concepts and practices of major therapeutic systems. Introduces students to the major psychotherapeutic models. Addresses basic counseling issues including ethics and professionalism. Develops skills in relationship development, interviewing, initial assessment and intake procedures.

PSY 4400 (Cross-listed with: SW 4400)

Introduction to Group Psychotherapy

3:3:0 **Su, F, Sp**

• Prerequisite(s): (PSY 1010 or SW 1010) and PSY 3400 and (ENGL 2010 or ENGL 2020)

Discusses group therapy theory, research applied to client assessment and outcomes, legal and ethical issues. Includes screening, assessment, treatment, evaluation, and termination of group members.

PSY 4500

History and Systems of Psychology

3:3:0 **On Sufficient Demand**

• Prerequisite(s): PSY 1010 and (ENGL 2010 or 2020)

Identifies key contributors, historical systems and theories within the field of psychology. Includes contributions to present knowledge of affect, behavior, and cognition. Stresses similarities and differences between theories. Especially for students planning to take the Advanced Psychology Subject Test portion of the GRE.

PSY 4600 (Cross-listed with: SW 4600)

The DSM of Mental Disorders

3:3:0 **Sp, F**

• Prerequisite(s): PSY 3400 and (ENGL 2010 or ENGL 2020)

Provides an overview of the Diagnostic and Statistical Manual of mental disorders (DSM) based on clinical diagnosis. Teaches DSM based clinical diagnosis. Teaches DSM diagnoses including diagnostic criteria, prevalence rates, gender and cultural differences in prevalence and symptomatology, disease course, and differential diagnosis. Uses class discussions, videotapes of individuals with different DSM diagnoses, and case scenarios.

PSY 4660 (Cross-listed with: SOC 4660)

Family Financial Management

3:3:0 **On Sufficient Demand**

• Prerequisite(s): (PSY 1010 or SOC 1010) and (ENGL 2010 or ENGL 2020). SOC 1200 strongly recommended.

Introduces students to the fundamentals of family financial management. Focuses on norms, roles, values, and traditions of financial management in family systems. Emotional, subjective, and unstructured patterns which contribute to financial mismanagement are evaluated. Personal and social influences are considered, including, marketing, holidays, spending

Course Descriptions

pressure, goal definition, and debt accumulation.

PSY 4670 (Cross-listed with: SOC 4670)

Family Dynamics and Systems

3:3:0

F

• Prerequisite(s): (PSY 1010 or SOC 1010) and (ENGL 2010 or ENGL 2020). SOC 1200 strongly recommended.

Introduces students to the fundamentals of family dynamics and systems as they relate to family structure and function. Focuses on historical development, theoretical underpinnings, and applied utility of dynamics and systems. Includes boundary management, infraction, and renewal in contemporary family systems.

PSY 475R

Current Topics in Psychology

3:3:0

On Sufficient Demand

• Prerequisite(s): PSY 1010 and (ENGL 2010 or ENGL 2020)

Presents selected topic in Psychology and will vary each semester. Requires a project demonstrating competency in the specific topic. May be repeated with different topics for nine credits toward graduation.

PSY 4800 (Cross-listed with: SW 4800)

Practicum

3:3:0

Sp, Su, F

• Prerequisite(s): Senior standing in the Behavioral Science Department. Must have completed or be enrolled in (PSY 4300 or SW 4300) or (PSY 4400 or SW 4400). Must have instructor's consent.

Provides an integrative classroom experience for students with a clinical interest currently working in related jobs or volunteer experiences in human service agencies or work sites. Requires minimum six hours work per week in an approved setting, and in-class study three hours per week.

PSY 481R

Senior Internship

I to 8:0:5 to 40

F, Sp

• Prerequisite(s): Senior standing in the Behavioral Science Department, (PSY 3020 or SOC 3020) and (ENGL 2010 or ENGL 2020)

Allows Behavioral Science students with non-clinical orientation to receive psychology credits for interning in a governmental, corporate, or private agency apart from their regular employment. Provides practical and research experience over the course of the 15 week semester. Supervised by agency representative. Internships approved by faculty and written contracts must be signed. May be repeated for a maximum of 8 credits toward graduation.

PSY 490R

Independent Studies

I to 3:I to 3:0

On Sufficient Demand

• Prerequisite(s): For Behavioral Science Bachelor Degree students only. Must have the approval of the instructor and the department chair.

For qualified students who wish to undertake a well-defined project or directed study related to an area of special interest. Requires individual initiative and

responsibility. Includes limited formal instruction and faculty supervision. Projects may include writing a publishable paper, passing a competency exam, producing an annotated bibliography, oral presentation, or other options as approved by instructor. May be repeated for a maximum of six credits.

PSY 4950 (Cross-listed with: SOC 4950)

Senior Seminar

3:3:0

On Sufficient Demand

• Prerequisite(s): Senior standing in the Behavioral Science Department and (PSY 3020 or SOC 3020) and (ENGL 2010 or ENGL 2020)

Considers contemporary issues in Behavioral Sciences from an ethical and professional perspective. Focuses on synthesis and integration of course work and other learning experiences. Requires a senior project.

REC—RECREATION

REC 1350

Scuba Diving I

2:2:0

Su, F, Sp

Teaches basic scuba diving techniques, scuba safety and use of scuba equipment in an indoor swimming pool. To certify in scuba, the student must certify independently of the course. Open Water Certification is offered as an option. Uses the Professional Association for Diving Instructions manual. Taught on block only.

REC 1351

Scuba Diving II

2:2:0

Su, F, Sp

• Prerequisite(s): REC 1350 or instructor approval
Provides advanced knowledge of scuba techniques. Teaches skills beyond that of the Open Water Course. Teaches natural navigating, compass navigating, light salvage, deep diving, and night diving. Reviews physics laws pertaining to diving and safety procedures. Uses advanced equipment such as compasses and air lift bags. Stresses safety. Uses materials provided by PADI. Taught on block only.

REC 1500

Canoeing I

1:0.5:1.5

Su, F, Sp

Teaches basic canoeing techniques including safety, technical information, equipment, paddling skills, canoe maneuvering and help students prepare for ACA (American Canoe Association) certification.

REC 1501

Canoeing II

2:2:0

Su, F, Sp

• Prerequisite(s): REC 1500 or Instructor Permission
Prepares students to qualify to become instructors who will teach on water up to and including Class I on the International Scale of River Difficulty. Prepares students to teach the American Canoe Association's

Intro to Canoe course on flat water, and the Basic River Canoe course in a river environment and to teach students fundamental river paddling skills including boat handling, paddling technique, identifying hazards, river reading and self-rescues in moving water.

REC 1505

Whitewater Kayaking I

2:2:0

Su, Sp

• Prerequisite(s): Instructor Approval

Teaches basic kayaking skills to the beginning kayaker. Includes roll techniques, paddle strokes, eddy turns, ferrying, dangers on the river, and rescue techniques.

REC 1506

Whitewater Kayaking II

2:2:0

Su, F, Sp

• Prerequisite(s): REC 1505

Builds on whitewater skills initially taught in Whitewater Kayaking I. Develops the skills and knowledge to assist in instruction and river rescue. Prepares students to help others learn to kayak, preparing them for ACA whitewater certification.

REC 1512

Fly Tying I

1:0.5:1.5

Su, F, Sp

For students interested in learning or perfecting fly tying skills. Discusses and demonstrates necessary fly tying tools, materials, and knots. Introduces aquatic entomology. Studies various fly types including wet fly, dry fly, nymph, and streamer. Includes hands-on experience.

REC 1513

Fly Casting I

1:0.5:1.5

Su, F, Sp

For students interested in learning or perfecting fly casting skills. Studies types and classification of fly rods and reels. Teaches the physics of casting and casting techniques. Includes hands-on experience.

REC 1517

Board Sailing

1:0.5:1.5

Not 07-08

• Prerequisite(s): Minimum swimming ability

Covers wind theory, sailing terms, nomenclature, safety rules, site selection, and protection from the elements. Introduces sailing skills. Moves to the water to learn self-rescue techniques. Taught on block only.

REC 1521

Indoor Rock Climbing I

2:2:0

Su, F, Sp

Teaches basic rock climbing skills to the beginning indoor rock climber. Includes knot tying, belaying, rappelling, fixed anchors, beginning indoor climbing, and rescue techniques. Prepares student for enjoyment of indoor climbing facilities, and introduces concepts related to sport climbing.