Name of Learner: ____________________________
Grade & Section: ____________________________
Name of School: ____________________________
Rock climbing is the sport or activity rock faces, especially with the aid of ropes and special equipment. The concept is to reach an end point, or a summit of a rock face or structure. This can be done with specific equipment, depending on the difficulty and severity of the climb.

It is a physically demanding sport that combines fitness and agility with the mental fortitude required to conquer an ascension or traverse. It can be perilous, but that is often considered a positive aspect of the adventure.

In this module, you are expected to attain the following objective:

1. Self – assess health-related fitness (HFT) status, barriers to physical activity assessment participation and one’s diet (PEH12FH-Ig-i-6)

2. Analyzes physiological indicators such as heart rate, rate of perceived exertion and pacing associated with MVPAs to monitor and/or adjust participation or effort (PEH12FH-IIIk-t-9)
WHAT I KNOW

Directions: Read each statement carefully. Write TRUE if the statement is correct and write FALSE if the statement is incorrect.

_____ 1. Traditional top-roping requires another person to assist the other in a climb.
_____ 2. Rock climbing helps strengthen your heart and lungs.
_____ 3. Carabiners are mechanical friction brake device used to control the rope.
_____ 4. Technologies of today may made our lives less active.
_____ 5. One should study climbing techniques before going to a climb.
_____ 6. Anyone can go rock climbing.
_____ 7. Traditional climbing requires climber to insert protection into crack in the rock.
_____ 8. Rock climbing can boost your cognitive and problem-solving skills.
_____ 9. When climbing you should always rush yourself beyond safety limits.
_____ 10. Physical and environmental barriers limit a persons’ participation in most sports.

WHAT’S IN

What are the topics that were discussed in your previous lesson? Which activities from the previous lesson that you really enjoyed while answering the questions or doing the tasks? From the topics and activities of the previous lesson, what have you gained and how do you see the importance of it?
Historical paintings and evidence suggest that humans have been climbing mountains since at least 400 BCE. The fifteenth-century Chinese painting Poet on a Mountaintop by Shen Zhou, depicts an elderly man standing atop a mountain which can only be inferred that he climbed, but rock climbing in its earliest forms wasn’t done for sport – it was done from necessity.

Rock climbing is an activity in which participants climb up, down or across natural rock formations or artificial rock walls. The goal is to reach the summit of a formation or the endpoint of a pre-defined route without falling.

Rock climbing is a physically and mentally demanding sport, one that often tests a climber’s strength endurance, agility and balance along the mental control. It can be a
dangerous sport and knowledge of proper climbing techniques and usage of specialized climbing equipment is crucial for the safety completion of routes. Because of the wide range of and variety of rock formations around the world, rock climbing had been separated into several different styles and sub-disciplines.

**FIVE BASIC TYPES OF CLIMBING**

<table>
<thead>
<tr>
<th>BASIC SKILL</th>
<th>DESCRIPTION</th>
<th>PICTURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOP-ROPING</td>
<td>Top-roping is a great entry point into roped rock climbing. Falls are seldom serious because the rope always does its job of catching you minimizing risk of injury. Traditional top-roping requires that another person assists you as you climb. A belayer, who is responsible for feeding you rope and lowering you as you descend your route.</td>
<td><img src="image1.png" alt="Top-Roping" /></td>
</tr>
<tr>
<td>LEAD/SPORT CLIMBING</td>
<td>This style of climbing is extremely versatile, offering a range of difficulties as well as a range of route-lengths. Lead and sport climbers predominantly focus on the moves and techniques they use to get to their destination rather than the destination itself.</td>
<td><img src="image2.png" alt="Lead/Sport Climbing" /></td>
</tr>
<tr>
<td>TRADITIONAL CLIMBING</td>
<td>Traditional climbing is all about the holistic experience and the mental game that accompanies these climbs. Routes sent traditionally do not have fixed anchors permanently bolted into the wall/crag. Instead, the climber is responsible for inserting protection into cracks in the rock.</td>
<td><img src="image3.png" alt="Traditional Climbing" /></td>
</tr>
</tbody>
</table>
Big wall climbing is traditional climbing multiplied exponentially. Big wall Climbs are not for the faint of heart – any kind of climbing, because of gravity, is dangerous in its very nature, but big wall climbs are certainly the most perilous. Of course, proper precautions can always be made to keep climbers safe – to a certain extent.

Bouldering is essentially a scaled-down version of sport climbing. That is, repeated falling is expected, and the climb is all about the moves and technique. Bouldering, aside from being relatively safe, is popular for another reason it’s far less expensive than other forms of climbing because it involves minimal gear.

### EQUIPMENT USED IN ROCK CLIMBING

<table>
<thead>
<tr>
<th>NAME OF EQUIPMENT</th>
<th>DESCRIPTION</th>
<th>PICTURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLIMBING ROPES</td>
<td>This is the single most important type of rock-climbing equipment. Climbing ropes link together the entire safety chain and can save your life if you slip and fall.</td>
<td><img src="image1.png" alt="Climbing Ropes" /></td>
</tr>
<tr>
<td>HARNESS</td>
<td>If you have a climbing rope, you need a safety harness to tie it to! All harnesses have two front tie-in points where the climber can thread the rope and tie it in – one at the waist and one at the leg loops.</td>
<td><img src="image2.png" alt="Safety Harness" /></td>
</tr>
<tr>
<td><strong>CLIMBING HELMET</strong></td>
<td>Climbing helmet is designed to cushion your head from falling rock and debris.</td>
<td></td>
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<tr>
<td>---------------------</td>
<td>--------------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>CLIMBING SHOES</strong></td>
<td>Not only do they protect your feet, but their sticky rubber soles give you the friction and durability you need to grip footholds during your climb.</td>
<td></td>
</tr>
<tr>
<td><strong>BELAY DEVICE</strong></td>
<td>A belay device is one of the first pieces of hardware a rock climber will buy. It’s essentially a mechanical friction brake device used to control the rope.</td>
<td></td>
</tr>
<tr>
<td><strong>CARABINERS</strong></td>
<td>A carabiner, also known as a ‘biner, is a strong, light ring which is used to connect the climbing rope with other pieces of climbing protection, such as nuts, bolts and camming devices.</td>
<td></td>
</tr>
<tr>
<td><strong>QUICK DRAWS</strong></td>
<td>Made up of two carabiners connected by a textile sling, quickdraws are used by rock climbers to allow the climbing rope to run freely through bolt anchors or other protection while leading.</td>
<td></td>
</tr>
<tr>
<td><strong>CHALK/CHALK BAG</strong></td>
<td>Chalk drastically improves your grip on the rock by absorbing sweat and other forms of moisture on your hands and skin. This not only increases friction, it prevents chafing and rubbing.</td>
<td></td>
</tr>
</tbody>
</table>

**HEALTH BENEFITS OF ROCK CLIMBING**

1. **It Strengthens Your Muscles While Being Low Impact**

   Indoor rock climbing uses virtually every major muscle group in your body, making it a great whole-body alternative to pumping iron at the gym. You’ll use the
large muscles in your arms and legs to pull your body up the wall, while your abs work to keep you stable and balanced. Rock climbing is a low-impact exercise, which means it is easier on your body, particularly your joints, while still being a great full-body workout.

2. It Improves Your Flexibility
   All the reaching, stretching, and climbing that’s involved with scaling an indoor climbing wall can dramatically improve your overall flexibility and range of motion, which in turn helps give your body a lean, toned appearance.

3. It Challenges your Cardiovascular System
   Climbing up an indoor course is hard work, which means your heart rate will be boosted from the moment you step onto the first foothold right up until you touch the top. This can help increase your stamina, burn calories, and strengthen your heart and lungs.

4. It Combats Chronic Disease
   As with any type of vigorous exercise that’s done for 20 minutes or longer at a time, spending some time at your local rock-climbing gym can help reduce your risk of developing chronic diseases such as hypertension, type 2 diabetes, and even some forms of cancer.

   Better yet, rock climbing has been shown to be an effective, all-natural way to battle back against the damaging effects of chronic stress, thanks to the fact that scaling a wall leads to a real feel-good sense of accomplishment—high-fives for everyone!

5. It Can Help Improve Coordination
   If you’ve always struggled with physical coordination, indoor rock climbing may help you develop better hand-eye coordination while increasing your sense of spatial awareness. Indoor rock climbing can boost your cognitive and problem-solving skills because to reach the top of the wall, you need to carefully plan your movements, and this can translate to real-world improvements with your day-to-day activities.

**SOME BARRIERS THAT MAY AFFECT PARTICIPATION IN ROCK CLIMBING**

Many technological advances and conveniences that have made our lives easier and less active, many personal variables, including physiological, behavioral, and psychological factors, may affect our plans to become more physically active. Understanding common barriers to physical activity and creating strategies to overcome them may help make physical activity part of daily life. People experience a variety of personal and environmental barriers to engaging in regular physical activity.

1. Personal Barriers
   With technological advances and conveniences, people’s lives have in many ways become increasingly easier, as well as less active. In addition, people have many personal reasons or explanations for being inactive. The most common reasons adults don’t adopt more physically active lifestyles are:
• insufficient time to exercise
• inconvenience of exercise
• lack of self-motivation, encouragement, support or companionship from family and friends.
• non-enjoyment of exercise
• lack of confidence in their ability to be physically active (low self-efficacy)
• fear of being injured or having been injured recently
• lack of self-management skills, such as the ability to set personal goals, monitor progress and reward progress toward such goals.

2. Environmental Barriers

The environment in which we live has a great influence on our level of physical activity. Many factors in our environment affect us. Obvious factors include the accessibility of walking paths, cycling trails, and recreation facilities. Factors such as traffic, availability of public transportation, crime, and pollution may also have an effect. Other environmental factors include our social environment, such as support from family and friends, and community spirit. It is possible to make changes in our environment through campaigns to support active transportation, legislation for safer communities, and the creation of new recreation facilities.

IDENTIFYING BARRIERS TO PHYSICAL ACTIVITY

The Barriers to Being Physically Active Quiz was created by the centers for disease control and prevention to help identify barriers to physical activity. It is a 21-item measure assessing the following barriers to physical activity: 1) lack of time, 2) social influence, 3) lack of energy, 4) lack of willpower, 5) fear of injury, 6) lack of skill, and 7) lack of resources (e.g., recreational facilities, exercise equipment). Each domain contains 3 items, with a total score range of 0 to 63. Respondents rate the degree of activity interference on a 4-point scale, ranging from 0 = “very unlikely” to 3 = “very likely”.

OVERCOMING BARRIERS

While these barriers may hinder one’s participation in any physical activity, particularly in rock climbing, there are also ways on how to overcome these barriers. This may include identifying your capacity and effort in engaging to physical activities. The following are explanations which may help you understand more in overcoming these barriers:

1. Lack of time to identify available time slots.
   • Monitor your daily activities for one week. Identify at least three-30-minute time slots you could use for physical activity.
   • Add physical activity to your daily routine. For example, walk or ride your bike to work or shopping, organize school activities around physical activity, walk the dog, exercise while you watch TV, park farther away from your destination, etc.
• Select activities requiring minimal time, such as walking, jogging, or stair climbing.

2. Social Influence
• Explain your interest in physical activity friends and family. Ask them to support your efforts.
• Invite friends and family members to exercise with you. Plan social activities involving exercise.
• Develop new friendships with physically active people. Join a group, such as the YMCA or a hiking club.

3. Lack of Energy
• Schedule physical activity for times in the day or week when you feel energetic.
• Convince yourself that if you give it a chance, physical activity will increase your energy level; then, try it.

4. Fear of injury
• Learn how to warm up and cool down to prevent injury.
• Learn how to exercise appropriately considering your age, fitness level, skill level and health status.
• Choose activities involving minimum risk.

5. Lack of skill
• Select activities requiring no new skills, such as walking, climbing stairs or jogging.
• Take a class to develop new skills.

6. Lack of resources
• Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope, or calisthenics.
• Identify inexpensive, convenient resources available in your community (community education program, park and recreation programs, worksite programs etc.)

QUESTIONS:
1. What do you think are your personal barriers that would affect your participation in physical activities like rock climbing?
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
2. Do you think that overcoming your personal barriers to physical activity would make you active and physically fit?

____________________________________________________________________
____________________________________________________________________

**WHAT’S MORE**

List down three physical activities that may help you prepare for rock climbing.

1. **CARDIOVASCULAR FITNESS**

____________________________________________________________________
____________________________________________________________________

2. **MUSCULAR ENDURANCE**

____________________________________________________________________
____________________________________________________________________

3. **FLEXIBILITY**

____________________________________________________________________
____________________________________________________________________

**ADDITIONAL QUESTIONS:**

1. What advantages can a rock climber gain if he or she manages to develop the different health related fitness components?

____________________________________________________________________
____________________________________________________________________

**WHAT I HAVE LEARNED**

Answer the following questions in sentence/paragraph form.

1. What is rock climbing and how can it help improve a person’s overall fitness?

____________________________________________________________________
____________________________________________________________________
2. Among the different types of rock climbing, which one do you believe can be managed by your capacity?
_____________________________________________________________________
_____________________________________________________________________

3. How will you explain the phrase “rock climbing is a physically and mentally demanding sport”? What do you think are the barriers that would stop a person from choosing the sport?
_____________________________________________________________________
_____________________________________________________________________

4. What are the barriers to your physical activities? How would you overcome them?
_____________________________________________________________________
_____________________________________________________________________

WHAT CAN I DO

Barriers to Being Active Quiz
What keeps you from being more active?

Directions: Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. Please read each statement and indicate how much likely you are to say each of the following statements: How likely are you to say?

<table>
<thead>
<tr>
<th>Questions</th>
<th>Very likely</th>
<th>Somewhat likely</th>
<th>Somewhat unlikely</th>
<th>Very unlikely</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.  My day is so busy now, I just don’t think I can make time to include physical activity in my regular schedule.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.  None of my family members or friends like to do anything active, so I don’t have a chance to exercise.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.  I’m just too tired after work to get any exercise.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.  I’ve been thinking about getting more exercise, but I just can’t seem to get started.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.  I’m getting older so exercise can be risky.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
6. I don’t get enough exercise because I have never learned the skills for any sport.

7. I don’t have access to jogging trails, swimming pools, bike paths, etc.

8. Physical activity takes too much time from other commitments – time, work, family, etc.

9. I’m embarrassed about how I will look when I exercise with others.

10. I don’t get enough sleep as it is. I just couldn’t get up early or stay up late to get some exercise.

11. It’s easier for me to find excuses not to exercise than to go out to do something.

12. I know of too many people who have hurt themselves by overdoing it with exercise.

13. I really can’t see learning a new sport at my age.

14. It’s just too expensive. You have to take a class or join a club or by the right equipment.

15. My free times during the day are too short to include exercise.

16. My usual social activities with family or friends do not include physical activities.

17. I’m too tired during the week and I need the weekend to catch up on my rest.

18. I want to get more exercise, but I just can’t seem to make myself stick to anything.

19. I’m afraid I might injure myself or have a heart attack.

20. I’m not good enough at any physical activity to make it fun.

21. If we had exercise facilities and showers at work, then I would be more likely to exercise.
Follow these instructions to score yourself:

- Enter the circled number in the spaces provided, putting together the number of statement 1 on line 1, statement 2 on line 2, and so on.
- Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories: lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources. A score of 5 or above in any category shows that this is an important barrier for you to overcome.

Add Questions no. (1,8,15) = ____ + ____ + ____ = ________________ Lack of time
Add Questions no. (2,9,16) = ____ + ____ + ____ = ________________ Social influence
Add Questions no. (3,10,17) = ____ + ____ + ____ = ________________ Lack of energy
Add Questions no. (4,11,18) = ____ + ____ + ____ = ________________ Lack of willpower
Add Questions no. (5,12,19) = ____ + ____ + ____ = ________________ Fear of injury
Add Questions no. (6,13,20) = ____ + ____ + ____ = ________________ Lack of skill
Add Questions no. (7,14,21) = ____ + ____ + ____ = ________________ Lack of resources

1. What were your barriers to physical activity? Make your own plan activities to overcome these barriers.

_____________________________________________________________________
_____________________________________________________________________

ASSESSMENT

Modified True or False. Read the statements carefully. Write TRUE if the statement is correct. Write FALSE if the statement is incorrect and underline the word or phrase which made the statement incorrect.

_______ 1. Harness links together the entire safety chain and can save life if you slip and fall.
_______ 2. Bouldering is essentially a scaled-down version of sport climbing. It is relatively safe and far less expensive because it requires minimal gear.
_______ 3. Indoor rock climbing uses virtually every major muscle group in your body, making it a great whole-body alternative to pumping iron at the gym.
_______ 4. Wearing of climbing ropes ensures that head is cushioned from falling rock and debris.
_______ 5. Rock climbing may help you develop better hand-eye coordination while increasing your sense of spatial awareness.
_______ 6. A lead is the one responsible for feeding rope and lowering climbers as they descent a route.
7. Belay devices are used by rock climbers to allow the climbing rope to run freely through bold anchors or other protection while leading.

8. A belay device is a mechanical friction brake device used to control the rope.

9. Lead and sport climbers predominantly focus on the moves and techniques they use to get their destination rather than the destination itself.

10. Low self-efficacy is one of the environmental barriers to physical activity.

**ADDITIONAL ACTIVITY**

Using the Rate of Perceived Exertion Table, how will you rate rock climbing as an activity to improve your health.

<table>
<thead>
<tr>
<th>RATINGS OF PERCEIVED EXERTION (RPE)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rating 6-7</td>
<td>VERY, VERY LIGHT</td>
</tr>
<tr>
<td>Rating 8-9</td>
<td>VERY LIGHT</td>
</tr>
<tr>
<td>Rating 10-11</td>
<td>FAIRLY LIGHT</td>
</tr>
<tr>
<td>Rating 12-13</td>
<td>SOMEWHAT HARD</td>
</tr>
<tr>
<td>Rating 14-16</td>
<td>HARD</td>
</tr>
<tr>
<td>Rating 17-18</td>
<td>VERY HARD</td>
</tr>
<tr>
<td>Rating 19-20</td>
<td>VERY, VERY HARD</td>
</tr>
</tbody>
</table>

Are you fit enough to perform this activity? **YES** or **NO**
Rate (from the Rate of Perceived Exertion):
From your rating alone, explain why did you choose it:

**ANSWER KEY**
REFERENCES

CONTENT

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