



Sport Climbing Level II Course

- ✓ **Lecture**
 - **Safety rules of sport climbing (moderate)**
 - **Revision of sport climbing equipment and introduction of lead climbing equipment**
 - **Knotting**
 - **Concept of lead climbing system**
 - **Belay – dynamic belay**
 - **PNF stretching**
 - **Common injuries of sport climbing and treatments**
 - **Basic sport climbing fitness training**
 - **Climbing route difficulty grading systems**
 - **Forms of sport climbing competition**
 - **Rules of sport climbing competition**
- ✓ **Practice**
 - **Warm-up exercise, cool-down exercise and PNF stretching**
 - **Belay – dynamic belay**
 - **Communications**
 - **Skills of lead climbing**
 - **Retreat system – installing a top rope and cleaning quickdraws**