

Flex Week Proposal:

Title	Shoulders and Boulders: The Anatomy of Rock Climbing	
Submitting Team	Lydia Strattan, PhD Natasha Baker, PhD	
Experience Category [bold your category]	Clinical shadowing Research-related Community Service	Professional Enrichment Courses (PECs) Professional Development Wellness
	Other:	
Goal	To introduce students to the basics of climbing as stress-reliever, a fun way to exercise, and a way to build community.	
Brief Description	Students will be introduced to multiple climbing gyms in Pittsburgh, including one on Pitt's campus. Students will apply principles of anatomy and physiology to move powerfully and efficiently. Students will learn about different types of climbing and gain experience in both bouldering and top-roping. No previous experience in climbing is necessary. There will be some cost associated with the course for gym entry and/or equipment rentals.	
Organizer	Lydia Strattan, PhD Assistant Professor Department of Pathology Les222@pitt.edu 412-624-1003	
Admin Coordinator (contact info)		
Department	Pathology	
Capacity (# students)	10-15	
Location	Trees Hall climbing wall Iron City Boulders Ascend Point Breeze	
Reporting Info	Trees Hall climbing wall Monday 9am	

Indicate when the flex week will be offered:

Flex week #	Week of the curriculum	Start Date (Mon)	End Date (Fri)	Available?
1	5	Tue 9/5/23	9/8/23	
2	12	Mon PM 10/23/23	10/27/23	
3	26	1/29/24	2/2/24	X
4	30	2/26/24	3/1/24	X
5	59	9/16/24	9/20/24	

Indicate the schedule for the flex week: **

	MON	TUE	WED	THU	FRI
AM	Climbing session I	Cross-training	Climbing session II	Cross-training	Climbing session III
PM	Appendicular anatomy	Muscle physiology	Climbing safety, knot tying	Climbing and mental health, overcoming fear	Getting ready to leave the gym: what does it take to climb outside?

NOTES:

- Schedules should have activities for students at least 5hr/dy, with at least 2hr/dy synchronous
- Unlike PEC's, students will not receive grades/certificates for flex week completion

**AM/PM sessions may be flipped, depending on the instructors' teaching schedules in the spring semester.