College of Charleston  
Department of Physical Education & Health  
2012 Fall

PEAC 104-001,02 Beginning Figure (Ice) Skating

Instructor: Deborah Rosenbaum  
email: DSRosenbaum46@gmail.com

Assistants Various

Class Location: Carolina Ice Palace  
7665 Northwood’s Blvd.  
Charleston, SC 29406

Class Hours: 1:40 – 3:20 PM with a ten minute break at midpoint.

Office: Located upstairs on the mezzanine to the right at the Carolina Ice Palace

Phone: 572-2717, ext. 11

Office Hours: Mon. 12:30 –1 PM, Wed 12:30 – 1 PM

Textbook: This course follows the United Skating Figure Skating Association (USFSA) Basic Skills Curriculum. The membership fee is included in the class lab fee. Membership fee provides the student with insurance protection, membership patch, card and skills record book.

Prerequisites: None

Course Description: This course is designed to be fun and acquaint the student with the basic fundamentals of ice skating. This will be accomplished through classroom lectures off-ice and on-ice demonstrations. Class time will primarily focus on-ice.

Required Materials: Appropriate attire for a cold environment. Dress warmly, layers of clothing would be best. Wear comfortable pants for easy movement, gloves and a sweatshirt. A thin pair of socks with a cotton polyester or lycra blend is recommended. This will cut down on blisters which may arise from your skates.

Course Objective: To develop skating skills to the level that ice-skating can be a lifetime activity. Upon successful completion of this course, the student should be able to: balance, start, stop, turn, skate forward (stroke), skate backwards and perform front and back crossovers.

Course Requirements:  
1. Attendance 10%  
2. Participation 10%  
3. Individual Skill Tests 30%  
4. Midterm Paper 20%  
5. Skating Program 30%
Grading Scale:  
93 – 100 = A  
89 – 92 = B+  
85 – 88 = B  
81 – 84 = C+  
77 – 80 = C  
70 – 76 = D  
Below 70 = F  

Make-up Tests:  
Make-up tests will only be given in cases of documented illness or family emergencies. Missed tests must be made up within one week of original date.  

Attendance:  
This is a participation class. As such, you will have to be here to participate. You will be allowed one unexcused absence. For each subsequent absence, there will be a 3-point deduction from your FINAL AVERAGE. For example, if your final average is an 85 and you have 4 absences, then your final grade will be a C rather than a B (85-9 points due to three excess absences = 76). You are responsible for the content of each missed lecture.  

Tardies:  
Arriving more than 10 minutes after the start of class or leaving before class is over will result in a reduction in your participation grade. In addition, two tardies are the equivalent of one absence. If there is any conflict in class times please notify us at the beginning of the course.  

Honor System:  
The College of Charleston Honor System is recognized in this course. For the specific details of responsibility and penalty, see the College of Charleston Student Handbook.  

Grading:  

1. Attendance - 10%  See the attendance and tardy requirements listed.  

2. Participation – 10%  This is a participation class, your grade will be determined by your participation on-ice. Each skating skill is a foundation to more advanced skills. Extra public skating passes will be issued for extra practice time. To sustain your skills, it’s recommended that you attend one extra practice each week, for this is the only way to maintain what you’ve learned and improve.  

3. Individual Skills Test – 30%  There will be two on-ice skill tests. Each will cover skating elements demonstrated in class.  

4. Midterm Research Paper – 20%  Your midterm paper must be at least 1500 words and typed using MLA writing style of quotation and references. A minimum of 5 references are required and only 3 website references are allowed. Late papers will result in a (1) one letter grade deduction. Possible suggestions for your paper are  
   - History of Skating, Olympic Champions, Ice Hockey, Synchronized Skating (formerly known as Precision), Speed Skating, National Champions, History of Skating Equipment, Judging  

   NO NANCY KERRIGAN/TONYA HARDING Midterm Papers  

Your midterm paper will be assessed as follows:  

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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<tbody>
<tr>
<td>Content</td>
<td>70</td>
</tr>
<tr>
<td>Organization</td>
<td>10</td>
</tr>
<tr>
<td>Mechanics</td>
<td>10</td>
</tr>
<tr>
<td>Duration (length)</td>
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5. Skating Program – 30% Each skater will be required to perform a skating program to music. The following are required:

- Your program music should be no shorter than 1 minute and no longer than 1 min. 30 seconds. It should be on a CD with your name clearly labeled. No other music should be on the CD. You may also use an IPOD, MP3 player to store your music.

- The skating program should reflect your level of accomplishment by the end of the course. Above all this should be fun and an expression of your own creativity. At the midpoint of this course we will provide a list of recommended skating elements based on the progress of the class.

- A DIAGRAM of your program is required and is due the day of the Final Program. Sample diagrams will be available. This should be on paper clearly labeled with your name.

- The following criteria will be evaluated:
  1. Skating skills
  2. Music and interpretation
  3. Imagination and creativity
  4. Effort and Enthusiasm
**College of Charleston Fall 2012 Schedule:**

**PEAC 104 Beginning Ice Skating**

**Monday Class**

<table>
<thead>
<tr>
<th>Date</th>
<th>Downtown Campus</th>
<th>Tour Carolina Ice Palace</th>
<th>Rental Skate Fitting, On-ice</th>
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</thead>
<tbody>
<tr>
<td>Aug 22</td>
<td>Downtown Campus</td>
<td>Tour Carolina Ice Palace</td>
<td>Rental Skate Fitting, On-ice</td>
</tr>
<tr>
<td>Aug 27</td>
<td>Downtown Campus</td>
<td>Tour Carolina Ice Palace</td>
<td>Rental Skate Fitting, On-ice</td>
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**Wednesday Class**

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<thead>
<tr>
<th>Date</th>
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<th>Tour Carolina Ice Palace</th>
<th>Rental Skate Fitting, On-ice</th>
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</thead>
<tbody>
<tr>
<td>Aug 29</td>
<td>On-ice</td>
<td></td>
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</table>

**Sep 3** No Class (Labor Day)  
**Sep 5** On-ice  
**Sep 10** On-ice  
**Sep 12** On-ice,  
**Sep 17** On-ice, Paper Due  
**Sep 19** On-ice, Paper Due  
**Sep 24** On-ice Review  
**Sep 26** On-ice, Review  
**Oct 1** Skills Test 1  
**Oct 3** Skills Test 1  
**Oct 8** Video Presentation at rink  
**Oct 10** Video Presentation at rink  
**Oct 15** No Class (Fall Break)  
**Oct 17** On-ice, music due  
**Oct 22** On-ice, music due  
**Oct 24** On-ice,  
**Oct 29** On-ice  
**Nov 5** On-ice,  
**Nov 7** On-ice, Skills Test 2  
**Nov 12** On-ice, Review  
**Nov 14** On-ice, Rehearsal Skills  
**Nov 19** On-ice, Skills Test 2  
**Nov 21** NO CLASS (Thanksgiving Break)  
**Nov 26** On-ice, Rehearsal  
**Nov 28** On-ice, Final Program 2:30pm  
**Dec 3** On-ice, Final Program 2:30pm  

**Public Session Extra Practice Schedule**

- **M – Fri** 11AM to 3 PM  
- **M and Fri** 3:30 – 5:30 PM  
- **Wed.** 7 – 9 PM (Ladies $1)  
- **Fri** 7-9 PM  
- **Sat** 12:30 – 2:30 PM and 3 – 5 PM  
- **Sun** 1:30 – 3:30 PM and 4 – 6 PM  

**Present Yellow Public Ice Skating Pass**