College of Charleston  
Department of Physical Education & Health  
Fall 2012  

PEAC 120 Intermediate (Ice) Skating  

Instructor: Deborah Rosenbaum  
email: dsrosenbaum46@gmail.com  

Assistant: Various  

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

Email: dsrosenbaum@gmail.com  

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

Phone: 572-2717, ext. 11  

Office Hours: Wed 12:30 – 1 PM  

Textbook: This course follows the United Skating Figure Skating Association (USFSA) Basic Skills Curriculum. The membership is included in your lab fee and provides the student with secondary insurance protection, membership patch, card and skills record book. Annual membership is from July 1, 2012 – June 30, 2013  

Prerequisites: Successful completion of PEAC 104 Beginning Ice Skating  

Course Description: To further develop and refine the basic skills of ice skating as well as introduce the student to USFSA Moves in the Field (MIF) ice patterns and Free Skating skills. This will be accomplished through classroom lectures off-ice and on-ice demonstrations. However, class time will primarily be focused on-ice.  

Required Materials: Although not required, the student should consider purchasing their own pair of skates to ensure success as they progress forward with intermediate skating skills. Appropriate attire for a cold environment would include; layered clothing, 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: The student will be able to:  
1. Review the basic curriculum 1-8 in the USFSA Record Book.  
2. Begin combining preliminary skills to achieve flow in skating  
3. An introduction of ice hockey  
4. Introduce intermediate jumps, spins and footwork to construct a well balanced program  
5. Learn USFSA Moves in the Field Patterns.
Course Requirements:  
1. Attendance & Participation 20%  
2. Individual Skill Tests 30%  
3. Critique 20%  
4. 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. Critique – 20% the intermediate student will be required to critique three beginning students final program during the rehearsal. Each critique will be at least one typed page with at least 250 words. Critiques will be due on the final program day and any late critiques will result in a (1) one letter grade deduction. The critique should address;  

Identifying 10 technical skills  
Rhythm and coverage of the Ice  
Imagination/Creativity
Your critique will be assessed as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<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>
<td>10</td>
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</tbody>
</table>

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. Your music should be burned onto a CD with your name clearly labeled. The music should be the only track burned on the CD.

- 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

Directions
To: Carolina Ice Palace
From: College of Charleston

Depart the College of Charleston (left) onto Calhoun St.
Turn (Right) onto Coming St., follow until the cross town (US-17).
Turn (Right) onto US-17 and get in your immediate left lane.
Take I-26 East towards Columbia. Continue on I-26 for 12 miles.
Take Exit 209 Ashley Phosphate (Northwood’s Mall Exit) as your merge onto the exit, stay in the (Right Lane).
Continue straight through the 1st light. This is Northwood’s Blvd.
Lowe’s Hardware Store and a Extended Stay Motel will be on the (Left).
Turn (Left) into the Carolina Ice Palace parking lot.
College of Charleston Fall 2012 Schedule:
Intermediate Ice Skating

**Wednesday Class**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 22</td>
<td>On-ice</td>
</tr>
<tr>
<td>Sep 29</td>
<td>On-ice</td>
</tr>
<tr>
<td>Sep  5</td>
<td>On-ice</td>
</tr>
<tr>
<td>Sep 12</td>
<td>On-ice</td>
</tr>
<tr>
<td>Sep 19</td>
<td>On-ice</td>
</tr>
<tr>
<td>Sep 26</td>
<td>On-ice, Review</td>
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<tr>
<td>Oct  3</td>
<td>On ice, Skills Test 1</td>
</tr>
<tr>
<td>Oct 10</td>
<td>Video Presentation at rink</td>
</tr>
<tr>
<td>Oct 17</td>
<td>On-ice, music due</td>
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<tr>
<td>Oct 24</td>
<td>On-ice</td>
</tr>
<tr>
<td>Oct 31</td>
<td>On-ice, Review</td>
</tr>
<tr>
<td>Nov  7</td>
<td>On-ice, Skills Test 2</td>
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<tr>
<td>Nov 14</td>
<td>On-ice, Rehearsal</td>
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<tr>
<td>Nov 21</td>
<td>NO CLASS – (Thanksgiving Break) On-ice</td>
</tr>
<tr>
<td>Nov 28</td>
<td>On-Ice Final Program</td>
</tr>
<tr>
<td>Dec  5</td>
<td>Critiques Due</td>
</tr>
</tbody>
</table>

**Public Session Extra Practice Schedule**

- **M W 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