College of Charleston
Department of Physical Education & Health
2010 Spring

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

Instructor: Deborah Rosenbaum  email: krosenbaum2@comcast.net
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. Membership fee is ($7.50) and provides the student with insurance protection, membership patch, card and skills record book. This fee is due before the student may step on the ice for instruction.

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 (formally 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:

- Content 70 points
- Organization 10 points
- Mechanics 10 points
- Duration (length) 10 points
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

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 West towards Columbia. Continue on I-26 for 12 miles
Take Exit 209B 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 Spring 2010 Schedule:
Beginning Ice Skating

**Monday Class**

| Jan 11 | Downtown Campus |
| Jan 13 | Downtown Campus |
| Jan 18 | NO CLASS (MLK) |
| Jan 25 | On-ice |
| Feb 01 | On-ice |
| Feb 08 | On-ice |
| Feb 15 | On-ice Review |
| Feb 22 | Skills Test 1 |
| Mar 01 | Classroom Video, On-ice |
| Mar 08 | NO CLASS (Spring Break) |
| Mar 15 | On-ice, Music Due |
| Mar 22 | On-ice |
| Mar 29 | On-ice, Review |
| Apr 05 | On-ice, Review |
| Apr 12 | On-ice, Skills Test 2 |
| Apr 19 | On-ice, Rehearsal |
| Apr 26 | On-ice, Final Program |

**Wednesday Class**

| Jan 13 | Travel to CIP for Tour |
| Jan 18 | Skate Fitting |
| Jan 20 | On-ice |
| Jan 27 | On-ice |
| Feb 03 | On-ice |
| Feb 10 | On-ice |
| Feb 17 | On-ice Review |
| Feb 24 | On-ice, Skills Test 1 |
| Mar 03 | Classroom Video, On-ice |
| Mar 10 | NO CLASS (Spring Break) |
| Mar 17 | On-ice, Music Due |
| Mar 24 | On-ice, |
| Mar 31 | On-ice, Review |
| Apr 07 | On-ice, Skills Test 2 |
| Apr 14 | On-Ice, Rehearsal |
| Apr 21 | On-ice, Final Program |

**Public Session Extra Practice Schedule**

- **M – Fri**: 11AM to 3 PM
- **M and Fri**: 3:30 – 5:30 PM
- **Wed. and Thurs.**: 7 – 9 PM
- **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 Green Public Ice Skating Pass