College of Charleston
Department of Physical Education & Health
2012 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. 1 – 1:30PM, Wed 1 – 1:30PM

Textbook: This course follows the United Skating Figure Skating Association (USFSA) Basic Skills Curriculum. Membership fee is ($10.00) and provides the student with insurance protection, membership patch, card and skills record book. This fee is included in your lab fee.

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.

Tardiness:

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.

Academic Honesty:

Please refer to the current College of Charleston Student Handbook for the definition of academic dishonesty and the subsequent penalties. Faculty members are required to report violations of the Honor Code to the Office of Student Affairs. If you are found guilty of an honor code violation your grade in the class will be XF and will be so indicated on your transcript. Students at the College of Charleston are expected to be at all times in compliance with the Honor Code. Scholastic dishonesty will not be tolerated in this course. Examples of cheating include giving or receiving aid during examinations, using any type of crib sheet, copying from or looking at another exam, or submitting another’s work as your own.

Electronic Device Policy:

All electronic devices should be turned off during class instruction on or off ice.

Disability:

In compliance with the Americans with Disabilities Act (ADA), all qualified students enrolled in this course are entitled to “reasonable accommodations.” Please notify the instructor during the first week of class of any accommodations needed for the course.

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.
Public Session Extra Practice Schedule
M W F  11AM to 3 PM
M and F  3:30 – 5:30 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 Yellow Public Ice Skating Pass at the front register.

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 a least 750 words and typed using MLA writing style of quotation and references. A minimum of 5 references are required. **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 for practice, however on the day of the rehearsal and final performance your music **MUST** be on 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
College of Charleston Spring 2012 Schedule:  
Beginning Ice Skating

**Monday Class**                                **Wednesday Class**

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<th>Date</th>
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<td>Jan  9</td>
<td>Downtown Campus</td>
<td>Jan 11</td>
<td>Downtown Campus</td>
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<td>Travel to CIP for Tour</td>
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<td>Skate Fitting</td>
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<td>Jan 16</td>
<td>NO CLASS (MLK)</td>
<td>Jan 18</td>
<td>On-ice</td>
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<td>On-ice</td>
<td>Jan 25</td>
<td>On-ice</td>
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<td>Jan 30</td>
<td>On-ice, Paper Due</td>
<td>Feb  1</td>
<td>On-ice, Paper Due</td>
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<td>On-ice</td>
<td>Feb  8</td>
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<td>Feb 13</td>
<td>On-ice Review</td>
<td>Feb 15</td>
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<td>Feb 20</td>
<td>Skills Test 1</td>
<td>Feb 22</td>
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<td>Feb 27</td>
<td>Classroom Video, On-ice</td>
<td>Feb 29</td>
<td>Classroom Video, On-ice</td>
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<td>Mar  5</td>
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<td>NO CLASS (Spring Break)</td>
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<td>Mar 12</td>
<td>On-ice, Music Due</td>
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<td>On-ice, Music Due</td>
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<td>On-ice</td>
<td>Mar 28</td>
<td>On-ice, Review</td>
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<td>Apr  2</td>
<td>On-ice, Review</td>
<td>Apr  4</td>
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<td>Apr  9</td>
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<td>Apr 16</td>
<td>On-ice, Rehearsal</td>
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<td>On-ice, Final Program</td>
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<td>Apr 23</td>
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