College of Charleston
Department of Physical Education & Health
2015 Fall

PEAC 104-001 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

Transportation: Carpools

Class Hours: Beginning Ice Skating is offered 1 day a week on the following day
Wednesday 1:40 – 3:20pm

Office: Located upstairs on the mezzanine to the right at the
Carolina Ice Palace
Phone: 843-324-8948
Office Hours: 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
- 90 – 92 = A-
- 88 – 89 = B+
- 83 – 87 = B
- 80 – 82 = B-
- 78 – 79 = C+
- 74 – 77 = C
- 72 – 73 = C-
- 70 - 71 = D+
- 68 – 69 = D
- 66 – 67 = D -
Below 66 = 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 750 words and typed using MLA writing style of quotation and references. A minimum of 3 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, Zamboni
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
College of Charleston Fall 2015 Schedule:
PEAC 104 Beginning Ice Skating

**Wednesday Class**

Aug 26  Meet Downtown  
         (TD Arena; room 321)  
         Setup carpools, travel to rink  
         Rental Skate Fitting, On-ice

Sep  2  On-ice

Sep  9  On-ice, Paper Due

Sep 16  On-ice,

Sep 23  On-ice,

Sep 30  On-ice, Review

Oct  7  Test 1

Oct 14  Video Presentation at rink, On-ice

Oct 21  On-ice, Begin Skating Project, Music Due

Oct 28  On-ice,

Nov  4   On-ice – Review

Nov 11  On-ice - Skills Test 2

Nov 18  On-ice – Rehearsal for Project

Nov 25  Thanksgiving Break – no class

Dec  2  On-ice – Final Project

**Public Session Extra Practice Schedule**

M – Fri  11AM to 3 PM
M and Fri  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 Public Ice Skating Pass at the register.