College of Charleston  
Department of Physical Education & Health  
2016 Spring  

PEAC 104-02 Beginning Figure (Ice) Skating  

Instructor: Deborah Rosenbaum  
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Assistants Various  

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

Class Hours: Beginning Ice Skating is a 1 day a week class offered on Wed 1:40 – 3:20 pm  

Office: Located on the 1st Floor to the right of the Skate Rental Area  
Carolina Ice Palace  
Phone: 572-2717, ext. 11  

Office Hours: Wed 1 – 1:30 PM  

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 the lab fee.  

Prerequisites: None  

Course Description: This course is designed to acquaint the student with the basic fundamentals of ice skating and will progress to more advance skills. This will be accomplished through classroom lectures, off-ice and on-ice demonstrations and class participation. Class time will primarily focus with on-ice instruction.  

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.  

Student Learning Outcomes: As a result of participating in PEAC 104, students will:  

1. Identify proper Ice skating equipment required to skate safely.  
2. Demonstrate the proper way to fall and get up from the ice surface.  
3. Demonstrate balancing on ice using correct body posture forward and backwards.  
4. Demonstrate a correct push from the skate blade to propel forward or backward and glide.
5. Demonstrate the proper technique to transition from forward skating to backward skating from a standstill, then moving on a straight line and progress to a turn on a circle.
6. Demonstrate a skid using the skate blade to initiate a stop forwards and backwards.
7. Explain and demonstrate the different skating edges.
8. Demonstrate two jumps and differentiate between the takeoff and landing of each.
9. Demonstrate rotating in a centered position while balancing on skates.
10. Choose a sequence of 10 skating moves to music and demonstrate the moves with proper transitions.

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 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 the instructor at the beginning of the course.

ADA Accommodations: In compliance with the American with Disabilities Act (ADA), all qualified students are entitled to “reasonable accommodations.” The instructor must be notified during the first week of class of any accommodations needed.
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.

http://studentaffairs.cofc.edu/honor-system/studenthandbook/

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 (3 pages) and typed using MLA writing style of quotation and references. A minimum of 4 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

   Your midterm paper will be assessed as follows:
   | Content | 70 points |
   | Mechanics | 10 points |
   | Organization | 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.
   - 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. 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 2016 Spring Schedule:
Beginning Ice Skating

**Wednesday Class**

Jan 13  
1-1:45pm Travel to Rink, 7665 Northwoods Blvd, N Charleston SC 29406  
1:45pm – Meeting Room, Review Syllabus, Sign Liability Forms  
2:30pm - Rental Skate Fitting,  
2:45-3:20pm On-ice  
3:20 – 4pm Travel back to school campus.

Jan 20  
On-ice

Jan 27  
On-ice, Research Paper Due

Feb 3  
On-ice

Feb 10  
On-ice

Feb 17  
On-ice, Review

Feb 24  
On-ice, Skills Test 1

Mar 2  
Video Presentation in Meeting Room, On-ice

Mar 9  
Spring Break

Mar 16  
On-ice, Music Due, Begin Music Skating Program,

Mar 23  
On-ice,

Mar 30  
On-ice, Review

Apr 6  
On-ice, Skills Test 2

Apr 13  
On-Ice, Rehearsal

Apr 20  
On-ice, Final Skating Program (Project)

**Public Session Extra Practice Schedule**  
(Present Skating Pass at the Front Register)

M/W/ 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 – 3 PM and 3:30 – 5:30 PM