College of Charleston
PEAC-104-02 Beginning Ice Skating

Spring 2017, 2 Semester Hours

Class Location: Carolina Ice Palace, 7665 Northwood’s Blvd. N Charleston SC 29406
Transportation: Carpools
Class Time: Wednesday 1:40 – 3:20pm, Beginning Ice Skating is offered 1 day a week.
Instructor: Deborah Rosenbaum, Professional Skater’s Association (PSA) Rated Coach
Phone/Email: 843-324-8948 email rosenbaumd@cofc.edu or krosenbaum2@comcast.net
Office: Carolina Ice Place, 1st floor on the right of Skate Rental room.
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 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.
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 and demonstrate the moves with proper transitions to music.
Course Requirements/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 a 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:

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<thead>
<tr>
<th>Category</th>
<th>Points</th>
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<tbody>
<tr>
<td>Content</td>
<td>70</td>
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<tr>
<td>Organization</td>
<td>10</td>
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<tr>
<td>Mechanics</td>
<td>10</td>
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<td>Duration (length)</td>
<td>10</td>
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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

Grading Scale:  

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>93 – 100</td>
<td>A</td>
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<tr>
<td>90 – 92</td>
<td>A-</td>
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<tr>
<td>88 – 89</td>
<td>B+</td>
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<tr>
<td>83 – 87</td>
<td>B</td>
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<td>80 – 82</td>
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<td>68 – 69</td>
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<td>66 - 67</td>
<td>D-</td>
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<td>Below 66</td>
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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 me 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.  
http://studentaffairs.cofc.edu/honor-system/studenthandbook/

ADA Accommodations: The College abides by Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services/SNAP, (843) 953-1431) or me so that such accommodation may be arranged. The instructor must be notified during the first week of class of any accommodations needed.

Wednesday Class Schedule:

Jan 11 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 18 On-ice  
Jan 25 On-ice, Research Paper Due

Feb 1 On-ice  
Feb 8 On-ice  
Feb 15 On-ice, Review  
Feb 22 On-ice, Skills Test 1

Mar 1 Video Presentation in Meeting Room, On-ice  
Mar 8 Spring Break  
Mar 15 On-ice, Music Due, Begin Music Skating Program,  
Mar 25 On-ice,  
Mar 29 On-ice,  

Apr 5 On-ice, Review  
Apr 12 On-Ice, Skills Test 2  
Apr 19 On-ice, Rehearsal  
April 26 On-ice, Final Skating Program (Project)
Public Session Extra Practice Schedule
M, W, Fri 9AM – 11AM
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 1:30 – 3:30 PM and 4 – 6 PM

Check the Carolina Ice Palace website for current public skating times [http://www.carolinaicepalace.com/](http://www.carolinaicepalace.com/)
Present Public Ice Skating Pass at the register.