College of Charleston
PEAC-120-03 Intermediate 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, Intermediate 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 cover a variety of topics not otherwise offered in the Beginning Ice Skating

Required Materials: Although not required, the student should consider purchasing their own pair of skates to Ensure success as they progress forward with intermediate skating skills. Appropriate Attire for a cold environment would include; layered clothing, comfortable pants for easy Movement, gloves and a sweatshirt. A think 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: The student will be able to:
1. Review the Basic Curriculum 1-8 for USFS Learn to Skate. Introduce Freeskate Curriculum 1-6.
2. Begin combining preliminary skills to achieve flow in skating.
3. Introduce USFS Learn to Skate jumps, spins and footwork to construct a well balance skating program.
4. Learn Basic USFS Move in the Field Patterns.
5. An introduction of ice hockey skating skills.

Student Learning Outcomes: As a result of participating in PEAC 120, students will:
1. Demonstrate the Basic Curriculum of Skills in Learn to Skate 1-8 and continue to Freeskate Curriculum 1-6
2. Construct and demonstrate the ability to combine preliminary skills to achieve flow in skating.
3. Demonstrate advance Learn to Skate jumps, spins, turns and footwork.
4. Construct and demonstrate a well-balanced ice skating program using 10 advanced skating skills to music of the skater’s choice.
5. Construct an ice skating critique of an ice skating routine identifying the jumps, spins and transitions.
6. Demonstrate basic skating skills while wearing hockey skates.
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. Critique – 20% - The intermediate student will be required to critique three (3) beginning students final skating program. Each critique will be at least one typed page with at least 250 words. Critiques are due 1 week after the final skating programs. The critique should address:
   - Identifying 10 skating skills
   - Rhythm and coverage of the ice
   - Imagination/Creativity

Your critique 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

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 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
Apr 26 On-ice, Final Skating Program (Project)

May 4 Critiques Due
Public Session Extra Practice Schedule

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<tr>
<th>Day</th>
<th>Time</th>
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<tr>
<td>M, W, Fri</td>
<td>9AM – 11AM</td>
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<td>M, W, Fri</td>
<td>11AM to 3 PM</td>
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<td>3:30 – 5:30 PM</td>
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<td>Fri</td>
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<td>Sat</td>
<td>12:30 – 2:30 PM and 3 – 5 PM</td>
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<td>Sun</td>
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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.