ICE SKATING
PHED 2130

Class Hours: 2.0
Laboratory Hours: 0.0
Credit Hours: 1.0
Date Revised: Fall 02

Catalog Course Description:
The introduction of skills, safety, and techniques related to ice skating with emphasis on acquisition of skills and cardiovascular fitness.

Entry Level Standards:
College-level reading skills are preferred. However, with the allocation of additional study time, students who have tested into basic or developmental reading should be able to successfully complete examinations and reading assignments

Prerequisites:
None

Textbook(s) and Other Course Materials:
The instructor will provide materials.

Personal Equipment:
Ice skates will be furnished and/or students can feel free to bring personal equipment.

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Distribution and discuss syllabus/ distribute textbook/ introduce general rules for posture/ discuss proper warm-up, techniques/ discuss proper skating attire/ discuss the Icearium's procedure, rink operations, rules, and regulation</td>
</tr>
<tr>
<td>2</td>
<td>Tour Icearium/ Discuss Equipment Care/ Perform Skills Pre-Tests to determine entry-level skills</td>
</tr>
<tr>
<td>3</td>
<td>Introduce, demonstrate, and practice Pre-Alpha Test: Two-Foot Glide, One-Foot Glide (right and left), Forward Sizzle, Backward Wiggle, and Backward Sizzle</td>
</tr>
<tr>
<td>4</td>
<td>Practice Pre-Alpha skills/administrate Pre-Alpha Skill evaluation</td>
</tr>
<tr>
<td>5</td>
<td>Introduce, Demonstrate, and practice Alpha Test: Forward Stroking, Forward Crossover (right foot over left), Forward Crossover (left foot over right), and One Foot Snowplow Stop</td>
</tr>
<tr>
<td>6</td>
<td>Discuss the History of Skating and Skating Terminology/ Practice Alpha Skills/ Fitness Skate.</td>
</tr>
</tbody>
</table>
II. Course Objectives*:

A. Skate employing correct technique. II, 2
B. Demonstrate knowledge of skating etiquette and safety. I, 5
C. Demonstrate knowledge of skating terminology. I, 5
D. Demonstrate knowledge of skating forms and styles. II, 2
E. Demonstrate knowledge of skating history. I, 2
F. Evaluate and correct errors in skating form and execution. II, 2
G. Demonstrate knowledge of skating equipment and facilities. 1,5
H. Demonstrate knowledge of skating strategies. II, 2 & III, 2
I. Demonstrate knowledge of skating form and technique. II, 2

*Roman numerals after course objectives reference goals of the Natural and Behavioral Sciences department.

III. Instructional Processes*:

Students will:

1. Listen to and participate in lectures and discussions regarding factual information relevant to ice skating. Communication Outcome, Information Literacy Outcome
2. Read and demonstrate knowledge of ice skating technique, rules and other relevant factual information. Communication Outcome, Information Literacy Outcome
3. Analyze, evaluate, and modify technique to improve performance. Personal Development Outcome, Problem Solving and Decision Making Outcome, Transitional Strategy
4. Develop strategies to enhance balance, speed, and grace on the ice. *Personal Development Outcome, Problem Solving and Decision Making Outcome, Transitional Strategy*

5. Appreciate the intrinsic value of ice skating as a life-long recreational activity. *Personal Development Outcome, Transitional Strategy*

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

**IV. Expectations for Student Performance***:

Upon successful completion of this course, the student should be able to:

1. Discuss different styles and types of Ice Skating. D

2. Demonstrate a clear understanding of safe skating. B

3. Demonstrate the One-foot Glide. A, B, F, I

4. Demonstrate the Two-foot Glide. A, B, F, I

5. Demonstrate the Forward Swizzle. A, B, F, I

6. Demonstrate the Backward Wiggle. A, B, F,

7. Demonstrate the Backward Swizzle. A, B, F, I

8. Demonstrate Forward Stroking. A, B, F, I

9. Demonstrate the Forward Crossover (right over left). A, B, F, I

10. Demonstrate the Forward Crossover (left over right). A, B, F, I

11. Demonstrate the One-Foot Snowplow Stop. A, B, F, I

12. Demonstrate Backward Stroking. A, B, F, I

13. Demonstrate Backward Crossover (right foot over left). A, B, F, I

14. Demonstrate Backward Crossover (left foot over right). A, B, F, I

15. Demonstrate T-Stops (right foot outside edge). A, B, F, I

16. Demonstrate T-Stops (left foot outside edge). A, B, F, I

17. Define and describe ice skating terms. C

18. Demonstrate knowledge of the history of ice skating. E

19. Demonstrate knowledge of proper warm-up techniques and flexibility exercises used in ice skating. B

20. Demonstrate knowledge of proper care, selection, and use of ice skating equipment. G

*Letters after performance expectations reference the course objectives listed above.*
V. Evaluation:

A. Testing Procedures: 70 points

   Written Evaluations   40 points
   Performance Test     30 points

B. Laboratory Expectations:

   N/A

C. Attendance and Participation: 30 points

   After three absences, 4 points will be subtracted from the student's attendance grade. Students
   with eight or more absences will not pass this course. Students who fail to participate in
   assigned activities will be counted as absent. During eight-week sessions, each class session is
   the equivalent of two classes. Therefore, students with four or more absences will not pass this
   course.

D. Extra Credit: 5 points

   Students will receive up to five points extra credit for submitting pre-approved written
   assignments.

E. Grading Scale:

   A    93 - 100 points
   B+   92 - 88 points
   B    87 - 83 points
   C+   82 - 78 points
   C    77 - 73 points
   D+   72 - 68 points
   D    67 - 62 points
   F    > 61 points

VI. Policies:

A. Attendance Policy:

   Pellissippi State Technical Community College expects students to attend all scheduled
   instructional activities. As a minimum, students in all courses must be present for at least 75
   percent of their scheduled class and laboratory meetings in order to receive credit for the
   course. Individual department/programs/disciplines, with the approval to the vice president to
   Academic and Student Affairs, may have requirements that are more stringent

B. Make-up policy:

   1. After one week, students will not be allowed to make-up written examinations.
   2. With documentation, students will be allowed to make up absences.

C. Other Policies:

   Injury Policy:
   Students injured during class must inform the instructor immediately. An accident/incident
   report must be filed. This applies to all injuries no matter how minor.

   Tardy Policy:
Students, who are more than fifteen minutes late to class, will be considered absent.