PELLISSIPPI STATE TECHNICAL COMMUNITY COLLEGE
MASTER SYLLABUS

HOCKEY
PHED 2140

Class Hours: 2.0  Credit Hours: 1.0
Laboratory Hours: 0.0  Revised: Spring 04

Catalog Course Description:
The introduction of basic skills needed to learn how to skate and play hockey.

Entry Level Standards:
None

Prerequisites:
None

Textbook(s) and Other Course Materials:

Textbook:

Personal Equipment:
Appropriate cold weather apparel. Hockey skates provided by Icearium as well as hockey sticks, shin pads, knee pads, helmets and elbow pads.

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>Distribute textbook; tour of the Icearium; Skate selection; Basic skate blade edges and rink operation (handout); Introduction to general rules for skating technique.</td>
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<tr>
<td>2</td>
<td>Learn to hockey skate pp. 21-49</td>
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<td>3</td>
<td>Learn to hockey skate pp. 21-49</td>
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<td>4</td>
<td>Learn to hockey skate pp. 21-49</td>
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<td>5</td>
<td>Learn to hockey skate pp. 21-49</td>
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<tr>
<td>6</td>
<td>Learn to hockey skate pp. 21-49</td>
</tr>
<tr>
<td>7</td>
<td>Fundamentals of stick-handling with puck pp. 51-54</td>
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<tr>
<td>8</td>
<td>Fundamentals of passing with puck pp. 55-59</td>
</tr>
<tr>
<td>9</td>
<td>Fundamentals of shooting pp. 61-64</td>
</tr>
<tr>
<td>10</td>
<td>Fundamentals of shooting pp. 75-88</td>
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</tbody>
</table>
II. Course Objectives*:

A. Increase appreciation and understanding of ice hockey. I.5

B. Improve existing basic skills and develop new skills for learning how to play ice hockey. I.5

C. Acquire an adequate knowledge of the basic skating skills and terminology to demonstrate performance. I.2, I.5

D. Acquire basic skating skills for advancement to higher levels of skating test levels and performance and the skills to participate in league play. I.5

E. Demonstrate knowledge of skating etiquette and safety. I.5

F. Demonstrate knowledge of hockey history. I.2, I.5

*Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*:

Students will:

1. Listen to and participate in lectures and discussions regarding factual information relevant to hockey skating. Communication Outcome, Information Literacy Outcome

2. Read and demonstrate knowledge of hockey 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 hockey 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. Perform hockey skating basic skills using correct techniques. B,C
2. Use hockey skating basic skills effectively. B,C
3. Apply terminology and basic skills toward further advancement on the ice in the future. A,D
4. Demonstrate a clear understanding of safe skating. E
5. Define and describe hockey skating terms. C
6. Demonstrate knowledge of the history of hockey. F
7. Demonstrate knowledge of proper warm-up techniques and flexibility exercises used in hockey skating. C,D
8. Demonstrate knowledge of proper care, selection, and use of skating equipment. C

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

V. Evaluation:

A. Testing Procedures: 70% of grade

   Final examination 40%

   Skill Tests - Pre-Alpha 10%
   Alpha 10%
   Beta 10%

B. Laboratory Expectations:

   N/A

C. Field Work:

   N/A

D. Other Evaluation Methods: 30% of grade

   Attendance/participation

E. Grading Scale:

   93 - 100 A
   82 - 92 B
   72 - 81 C
   62 - 71 D
   Below 62 F
VI. Policies:

A. Attendance Policy:

Four points will be subtracted from the student's grade for each unexcused absences. Students with eight or more unexcused absences will not pass the course.