ICE SKATING
PED 2130

Class Hours: 2.0  Credit Hours: 1.0
Laboratory Hours: 0.0  Date Revised: Fall 1998

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 remedial or developmental reading should be able to successfully complete examinations and reading assignments.

Prerequisites: None

Textbook(s) and Other Reference Materials Basic to the Course:

Textbook:
Course related materials will be provided by the instructor.

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>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Distribute 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>
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<tr>
<td>2</td>
<td>Tour Icearium/ Discuss Equipment Care/ Perform Skills Pre-Tests to determine entry level skills.</td>
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<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>
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<tr>
<td>4</td>
<td>Practice Pre-Alpha skills/administrate Pre-Alpha Skill evaluation.</td>
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<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>
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<tr>
<td>6</td>
<td>Discuss the History of Skating and Skating Terminology/ Practice Alpha Skills/ Fitness Skate.</td>
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II. Course Objectives*:

A. Demonstrate an increased appreciation and understanding of Ice Skating. V

B. Develop new and existing Ice Skating skills. V

C. Demonstrate an adequate knowledge of and understanding of Ice Skating safety rules, history, terminology, and etiquette. III, V

D. Demonstrate correct beginning Ice Skating techniques. V

E. Detect and correct errors in Ice Skating performance. V

F. Understand and appreciate the carry-over values of Ice Skating—which provide the basis for a lifetime commitment to physical fitness. V

G. Properly care for and use Ice Skating equipment. V

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

III. Instructional Processes*:

Students will:

1. Listen to lectures, read text and handouts on topics regarding Skating history, safety, equipment, and terminology. Display a cognitive knowledge of physical skills. Communication Outcome, Problem Solving and Decision Making Outcome, Information Literacy Outcome, Personal Development Outcome

2. Observe demonstrations of skating techniques. Communication Outcome

3. Work in small groups practicing skating skills. Active Learning Strategies

4. Practice independently to perfect skating skills. Personal Development Outcome
5. Receive one on one instruction and personal skill analysis. *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. A,C
2. Demonstrate a clear understanding of safe skating C
3. Demonstrate the One Foot Glide. A,B,C,D,E
4. Demonstrate the Two-Foot Glide. A,B,C,D,E
5. Demonstrate the Forward Swizzle. A,B,C,D,E
6. Demonstrate the Backward Wiggle. A,B,C,D,E
7. Demonstrate the Backward Swizzle. A,B,C,D,E
8. Demonstrate Forward Stroking. A,B,C,D,E
9. Demonstrate the Forward Crossover (right over left). A,B,C,D,E
10. Demonstrate the Forward Crossover (left over right). A,B,C,D,E
11. Demonstrate the One-Foot Snowplow Stop. A,B,C,D,E
12. Demonstrate Backward Stroking. A,B,C,D,E
13. Demonstrate Backward Crossover (right foot over left). A,B,C,D,E
14. Demonstrate Backward Crossover (left foot over right). A,B,C,D,E
15. Demonstrate T-Stops (right foot outside edge). A,B,C,D,E
16. Demonstrate T-Stops (left foot outside edge). A,B,C,D,E
17. Demonstrate an improvement of Cardiovascular fitness. F
18. Define and describe Ice Skating terms. C
19. Demonstrate a knowledge of the history of Ice Skating. C
20. Demonstrate a knowledge of proper warm-up techniques and flexibility exercises used in Ice Skating. F
21. Demonstrate a knowledge of proper care, selection, and use of Ice Skating equipment. A,G

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

**V. Evaluation:**
A. Written Tests: 70 points

In-class written examinations on rules, history, terminology, and strategies are worth 40 points. Skills/Performance tests are worth 30 points.

B. Class Participation: 30 points

Points are determined by attendance and participation.

C. Extra Credit:

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

E. 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>
</tr>
<tr>
<td>82 - 92</td>
<td>B</td>
</tr>
<tr>
<td>72 - 81</td>
<td>C</td>
</tr>
<tr>
<td>62 - 71</td>
<td>D</td>
</tr>
<tr>
<td>Below 62</td>
<td>F</td>
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VI. Policies:

Attendance Policy:

After two absences, 4 points will be subtracted from the student’s grade for each unexcused absence. Students with seven or more unexcused absences will not pass the course. During eight week sessions, each class session is the equivalent of two classes. Therefore, students with four or more absences will fail.