

# Course Syllabus - P.E. 137 - Introductory Ice Skating – Spring 2012

Course Day and Time: MW 9:30am – 10:45am  
Course Dates: 1/9/2012 – 2/29/2012  
Course Format: Lab  
Course Cost: \$100 Lab Fee – must be paid by 3<sup>rd</sup> week of class  
Course Location: Morgantown Ice Rink – 1001 Mississippi St., in White Park  
Instructor Name: Mary Swim  
Phone #: (304) 293-1079  
Email: mswim@mix.wvu.edu  
Office Hours: By appointment.  
Textbook: None. Informational handouts will be given to students.  
Equipment needed: Rental skates will be supplied. Students may bring own skates.  
Course Pre-requisites: None. No previous ice skating skill is assumed.

Summary: Students will develop an understanding of the basic principles and terminology of the sport of ice skating, improve on any current ice skating skills and develop new skills such as forward and backward skating, crossovers, and turns. We will discuss and demonstrate some of the different types of ice skating sports. On the last day of class, each student will give a 30 second presentation of 5 new skills.

Basis of Grade: Grade will be based on attendance, participation, and skills presentation.  
Attendance--(Classes missed=starting grade);  
-2 = A; -3 = B; -4 = B-; -5 = C; -6 = D; -7 = F;  
3 tardies – 1 Missed Class  
(Up to 2 classes makeups at other skating sessions possible with approval.)  
Skills Presentation--successfully demonstrate:  
4-5 skills: no change to grade  
0-3 skills: grade drops by one-half letter (A to A-; B- to C+)

Expected Learning Outcomes: At the end of this course, the student will be able to:

- Explain proper fitting and use of skate equipment
- Demonstrate forward and backward skating
- Demonstrate stopping with Snowplow, Hockey, & T-stop
- Explain and demonstrate inside and outside edges
- Demonstrate 2-foot turns from forward to backward
- Demonstrate beginning forward crossovers
- Describe differences in freestyle, moves, ice dance, figures, synchronized team, hockey, speed skating

Schedule:

Week 1-2	Rink Safety, Proper Skate Fitting, How to Fall, Forward/Backward Skating, Stopping
Week 3-4	Edges, Crossovers, Spins, Positions
Week 5-6	Turns, Figures, Dance, Synchro, Hockey
Week 7-8	Introduction to Moves in the Field and Freestyle, 30 Second Student Skill Demonstrations

Social Justice Statement: This course complies with the WVU Social Justice policy.  
See: [http://www.wvu.edu/~socjust/syllabus\\_statement.htm](http://www.wvu.edu/~socjust/syllabus_statement.htm)