

Course Syllabus - P.E. 143 - Intermediate Ice Skating – Spring 2012

Course Day and Time: MW 8:00am – 9:15am
Course Dates: 1/9/2012 – 2/29/2012
Course Format: Lab
Course Cost: \$100 Lab Fee – must be paid by 3rd week of class
Course Location: Morgantown Ice Arena – 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: Some previous ice skating experience (can skate forward & backward)

Summary: Students will improve on current ice skating skills and work to develop new skills such as edges, turns and crossovers, and will gain an introductory understanding of more advanced skills such as jumps and spins. 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:

- Demonstrate intermediate forward and backward crossovers
- Demonstrate forward and backward inside & outside edges
- Describe and demonstrate forward 3-turns & Mohawks
- Demonstrate two-foot and beginning 1-foot spins
- Demonstrate positional moves such as spiral and lunge
- Explain concepts of bunny hop, waltz jump, toe loop, half flip
- Explain differences in “Moves in the Field” & “Freestyle”

Schedule:

Week 1-2	Forward and Backward Crossovers, Forward Edges, Moves Patterns: Circle, Figure 8, Serpentine.
Week 3-4	Backward Edges, Forward 3-turns, Mohawks, Power Skating, Hockey stops, T-stops, Positions
Week 5-6	Moves in the Field, Jumps and Spins
Week 7-8	Ice Dance and Synchronized Skating, 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