

Course Syllabus - P.E. 168 - Introductory Ice Hockey – Spring 2017

Course Day and Time: MW 11:00am – 12:15pm
Course Dates: Monday, 1/09/2017 – Monday, 2/27/2017
Course Format: Lab
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: Informational handouts will be given to students.
Equipment needed: Hockey stick and helmet with facemask by end of 2nd week of class.
Rental skates will be supplied or students may bring own hockey skates.
Course Pre-requisites: Some previous ice skating experience (can skate forward & backward)

Summary: Students will develop an understanding of the basic principles and terminology of the sport of ice hockey, improve on any current ice hockey skills and develop new skills. We will begin with the basics of skating and stick skills, and progress to team play concepts. 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 hockey equipment*
- *Demonstrate forward and backward hockey skating with stick*
- *Demonstrate turns and stops*
- *Explain rules and positions of hockey*
- *Demonstrate and explain stick handling, passing, shooting.*

Schedule: Week 1-2 Rink Safety, Proper Skate & Equipment Fitting, Falling and Recovery, Forward/Backward Skating, Turns, Stops
Week 3-4 Power Skating, Stick Handling, Passing, Shooting
Week 5-6 Drills, Rules, Positions, Goaltending
Week 7-8 Scrimmages, Strategy, Team Play
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