

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: April 2012

I. Course Prefix and Number: PE 105

Course Name: Ice Skating

Credit Hours and Contact Hours: 1 credit hour and 2 contact hours

Catalog Description including pre- and co-requisites: This course is designed for beginner-advanced ice skaters. Instructional emphasis will be placed on safely learning the life-long activity of ice skating. Students will be introduced to aspects of basic use and care of equipment and safety implications. Students may use their own skates or can rent skates at the rink. Additional fee is required. The rink is located at an off-campus site. No prerequisites.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Identify the wellness benefits of this life-time recreational activity.
2. Execute basic ice skating skills.
3. Develop proper body alignment and posture.
4. Recognize ice skating terminology.
5. Identify safety concerns regarding ice skating.
6. Demonstrate basic care and use of equipment.

Relationship to Academic Programs and Curriculum:

This course is a one credit course designed for any major at FLCC. The course fulfills one credit of the college's physical education requirement.

College Learning Outcomes Addressed by the Course:

- | | |
|---|---|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Instructional Materials and Methods

Types of Course Materials:

None

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Demonstration, practice, lecture

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills/strategies, and performance. Such assessments and related assignments will develop critical thinking techniques, reading, along with developing ethics and values regarding an appreciation of lifetime recreational activity.

V. General Outlines of Topics Covered:

1. Wellness benefits of the activity.
2. Types and maintenance of equipment.
3. Basic principles of ice skating.
4. Basic moves:
 - a) forward stroking
 - b) backward stroking
 - c) stopping
 - d) forward/backward cross-overs
 - e) inside and outside edges
 - f) basic jumps
 - g) one and two-footed spins
 - h) ice dance moves
5. Advanced moves:
 - a) Gliding
 - b) Snow plow stop
 - c) Forward glide
 - d) Sculling
 - e) Backward glide
 - f) Forward cross-over
 - g) Short jumps/turns
 - h) Two-footed spins
 - i) Salchow and program development
6. Safety concerns