San José State University

Kinesiology

Fall 2013, KIN 62A - Beginning Ice Skating

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Michelle Gentry-Self and Skating Director Candy Goodson</th>
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<tbody>
<tr>
<td>Office Location</td>
<td>Sharks Ice at San Jose</td>
</tr>
<tr>
<td>Telephone</td>
<td>(408) 203-7485</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:Sk8self@aol.com">Sk8self@aol.com</a></td>
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<tr>
<td>Office Hours</td>
<td>Upon Request</td>
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<tr>
<td>Class Meetings</td>
<td>Tuesday or Friday</td>
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### Course Description

A beginning ice skating course that covers the skills identified by the International Ice Skating Association (IISA).

### Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

- Knowledge of fundamental skills and proper technique for ice skating.
- Proficiency in execution of the skills covered.
- A positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, and flexibility.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with ice skating.
- An understanding of the mental and physical health benefits to be derived from ice skating.
Activity Program Learning Outcomes

Students shall be able to:

- Demonstrate the acquisition and application of motor skills appropriate to the specific activity.
- Demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette appropriate to the specific activity.
- Demonstrate an understanding of the benefits of a specific activity as it relates to physical and mental health.
- Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

Required Text/Readings

There is no text or reading required.

Course Notes

Additional $100 fee for class paid to Sharks Ice at the beginning of semester which covers student’s skate rental and ice time – can be done online on our website [www.sharksiceatsanjose.com](http://www.sharksiceatsanjose.com) under “learn to skate” class title SJSU Beginning Ice Skating Tuesday/Friday.

Signed Sharks Ice Waiver Liability Form prior to stepping on the ice – can be found online on our website [www.sharksiceatsanjose.com](http://www.sharksiceatsanjose.com)

Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.

Places to practice: Sharks Ice during public sessions (regular public sessions fees apply). Students may make-up missed classes during other Kin 62A class section

Midterm and Final Exams cannot be made-up unless prior arrangements are made. Course grades will be turned into Kinesiology Department by the end of finals week.

Drop requests and class refunds will not be accepted except for in extreme hardship situations.
Course Requirements and Grading Policy

Grading Plan

60% On Ice Midterm/Final Test  
20% Written Final  
20% Class Participation

Grading Scale used to determine letter grade for each component above.

<table>
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<tr>
<th>Percentage</th>
<th>Grade</th>
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<tbody>
<tr>
<td>97-100%</td>
<td>A+</td>
</tr>
<tr>
<td>93 - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90 – 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87 - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83 - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80 – 82%</td>
<td>B-</td>
</tr>
<tr>
<td>77 - 79%</td>
<td>C+</td>
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<tr>
<td>73 - 76%</td>
<td>C</td>
</tr>
<tr>
<td>70 - 72%</td>
<td>C-</td>
</tr>
<tr>
<td>67 - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>63 - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60 – 69%</td>
<td>D-</td>
</tr>
<tr>
<td>&lt; 60%</td>
<td>F</td>
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Tests:

On Ice Midterm, On Ice Final and Written Final

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class and participating in course activities (class instruction first 45 minutes of class and supervised practice session the last 45 minutes of class).
Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week 1 – Meet on campus
Week 2 – Meet at Sharks Ice – Intro to safety procedures, lacing skates and skating on ice
Week 3 – Proper stopping techniques and forward skating – Break into two groups
Week 4 – Intro to backward skating and one foot glides
Week 5 – Review of elements learned to this point
Week 6 – Intro to forward crossovers
Week 7 – Review crossovers
Week 8 – Review requirement elements for midterm
Week 9 – On Ice Midterm
Week 10 – Review Individual Midterm Scores and start to review for Written Final
Week 11 – Work on elements identified as needing additional practice from midterm and review for Written Final
Week 12 - Review
Week 13 - Review
Week 14 - Review
Week 15 – On Ice Final
Week 16 – Written Final

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at http://www.sjsu.edu/provost/services/academic_calendars/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.

Academic Integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy, located at
http://www.sjsu.edu/senate/S07-2.htm, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sjsu.edu/studentconduct/.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity Policy S07-2 requires approval of instructors. Note: outings completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.