San Jose State University
Kinesiology
Fall 2014  KIN 62A - Beginning Ice Skating

Contact Information

Instructor: Michelle Gentry-Self - Instructor
Candy Goodson - Skating School Director

Office Location: Sharks Ice at San Jose

Telephone: Instructor's cell phone (408) 203-7485

Email: Sk8self@aol.com

Office Hours: Upon Request

Class Meetings & Location
Sharks Ice at San Jose
located on 10th Street and Alma
(South Campus - across from Track & Spartan Stadium)
1st class meeting on campus YUH 106

Course Description

A beginning ice skating course that covers the basic skills identified by the Ice Skating Institute (ISI).

Web Resource

Course Syllabus and Shark Ice Liability Waiver Form

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 ice skating skills.
• Proficiency in execution of the skills covered.
• 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.
• An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, balance, coordination, and agility.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

• Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
• Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
• Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Reading - None

Course Notes

• Class protocol:
  First class meeting on campus at specified meeting area.
  Second class meeting at Sharks Ice at San Jose in lobby then ice.
  Subsequent class meetings will be held on North or East Rink:
    1. Liability Waiver Form must be completed prior to second class meeting (If under eighteen years of age then parental signature required.)
    2. Additional Class Registration with Sharks Ice at San Jose must be completed prior to second class meeting. The class registration fee of $125 can be made online (www.sharksiceatsanjose.com under skating school, class registration SJSU Tuesday/Friday) or in person at our cashier office credit/debit card or cash (no checks accepted).
    3. Pick-up rental skates at skate counter located in the lobby.
    4. Check-in with instructor at the start of each class.
    5. Class instruction begins promptly at scheduled class time with supervised practice time immediately following.
  Appropriate Dress:
    1. Jeans or sweatpants (nylon) that allow for easy body movement.
    2. A lightweight sweater and/or jacket which may be removed as circulation and internal warmth increases.
    3. Light gloves are recommended to offer both warmth and protection from the ice.
• 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.
• Class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
• Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
• Quiz and Exams cannot be made up unless prior arrangements have been made.

Course Requirements and Grading Policy

Grading Plan/Class Evaluation:

60%  Skating skills constitutes overall grade Midterm and Final Exam

20%  Class participation constitutes 20% of overall grade - (participation is based upon willingness to learn skating skills, quizzes and in class assignments)

20%  Written Final constitutes overall grade

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

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
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<tr>
<td>93% - 96%</td>
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<td>90% - 92%</td>
<td>A-</td>
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<td>87% - 89%</td>
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<td>83% - 86%</td>
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<td>67% - 69%</td>
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<td>63% - 66%</td>
<td>D</td>
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<td>60% - 62%</td>
<td>D-</td>
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<tr>
<td>below 60%</td>
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Tests:
One Ice Midterm - TBA
On Ice Final - TBA
Written Final - TBA

No make-up's will be given for unexcused or missed exams. (Advanced arrangements can be made to take planned missed exams.)

Assignments/Projects:

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, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

Instruction Content:
1. Off ice introduction
2. On ice introduction and division of class into groups according to skating ability
3. General Material to be covered:
   - Proper fitting boots
   - Proper lacing of skates
   - Safety patterns on ice
   - Proper approach on to ice
   - Proper positioning of feet
   - Importance of knee bend
   - Edges of skate blade
   - Shifting of body weight
   - Skating away from railing (use of bucket if necessary)
   - Proper way to fall and stand back up
4. On Ice Final Required Elements:
   - Forward stroking
   - Forward one foot glides
   - Forward swizzles
   - Backward swizzles
   - Snowplow stop
   - Forward crossovers
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 in the policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic year calendars document at . 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 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 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 at http://www.sjsu.edu/senate/S07-2.htm requires approval of instructors.

Note: Outings/assignments 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 Accessible Education Center (AEC) at http://www.sjsu.edu/aec/ to establish a record of their disability.

Accommodation to Students’ Religious Holidays
San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at http://www.sjsu.edu/senate/docs/S14-7.pdf.

Course Calendar (subject to change with fair notice by announcement in class)

<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (Assignments, Exams/Quizzes, …)</th>
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<tbody>
<tr>
<td>1</td>
<td>1st Class Meeting on Campus YUH 106</td>
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<td>2</td>
<td>2nd Class Meeting at Sharks Ice at San Jose – meet in lobby, tour and on-ice</td>
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<td>3</td>
<td>Beginning ice skating – class breaks into slow and faster moving sections</td>
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<td>Midterm – On Ice (exact date TBA in class)</td>
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<td>15</td>
<td>On Ice Final Exam (exact date TBA in class)</td>
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<td>16</td>
<td>Written Exam – Upstairs in Stanley Restaurant (exact date TBA in class)</td>
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