

San José State University
Department of Kinesiology
KIN 062A - Beginning Ice Skating
Section 1&2
Spring 2013

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

Office Location: Shark Ice at San Jose
1500 S. 10th Street
San Jose, CA 95112
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Office Hours: Upon Request

Class Days/Time: Tuesday 9:30 am
Friday 8:20 am

Classroom: Sharks Ice at San Jose located on
10th Street and Alma
(South Campus - across from Track & Spartan Stadium)
1st class meeting on campus SPXC 044A

Prerequisites: None

GE/SJSU Studies Category: 1 unit - fulfills one unit of the University's Physical Education Requirement

Course Fees: \$100

Faculty Web Page and MYSJSU Messaging (Optional)

Course syllabus and Shark Ice Liability Waiver Form

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

Upon successful completion of the course requirements students will be able to:

1. demonstrate an understanding of the physical and mental benefits of participation in ice skating for diverse populations,
2. demonstrate an understanding of the basic terminology, history, rules, etiquette, and safety, and applications of these cognitive knowledge in ice skating practice,
3. demonstrate the acquisition and application of basic ice skating warm-up and skills in ice skating practice, and
4. achieve moderate to vigorous exercise intensity during ice skating practice.

Required Texts/Readings

None

Classroom 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. Additional Class Registration with Sharks Ice and Shark Ice at San Jose Liability Waiver Form must be completed prior to second class meeting. The class registration fee of \$100 can be made online (www.sharksiceatsanjose.com under skating school, class registration SJSU Tuesday or Friday) or in person at our cashier office credit/debit card or cash (no checks).
2. Pick-up rental skates at skate counter located in the lobby.
3. Check-in with instructor at the start of each class.
4. 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.

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 calendar](#) web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. 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](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Assignments and Grading Policy

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

Class Evaluation:

- Class participation constitutes 20% of overall grade
(participation is based upon willingness to learn skating skills)
- Skating skills constitutes 60% of overall grade
- Written Final constitutes 20% of overall grade

Grading Criteria:

- 100 - 90% - A
- 89 - 80% - B
- 79 - 70% - C
- 69 - 60% - D
- 59% and below - F

Exams:

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

- One Ice Midterm - TBA
- On Ice Final - TBA
- Written Final - TBA

University Policies

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](http://www.sjsu.edu/senate/S07-2.htm), 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](http://www.sjsu.edu/studentconduct/) 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 Policy S07-2 requires approval of instructors.

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 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability