SWELL 151 • ICE HOCKEY BEGINNING

Please refer to the welcome page for general information:
https://studentwellness.byu.edu

COURSE CONTENT: Basic power skates, puck and stick handling, and game strategies. Prior skating experience is strongly recommended to participate in SWELL 151. Students should be comfortable in skates and proficient in forward and backwards skating prior to registering for class. Students with no skating experience are encouraged to complete SWELL 150 – begging ice skating prior to registering for SWELL 151

LEARNING OUTCOMES

1. Students will be able to apply ice hockey skills and proper technique and form in organized hockey games.
2. Students will be able to explain the techniques, strategies, rules, and scoring of ice hockey.
3. Students will be able to prioritize their wellness by setting goals, tracking progress, and cultivating connections to their peers and to Jesus Christ.

ATHLETIC ATTIRE: BYU Student Wellness expects all patrons to wear proper attire while participating in its athletic programs. In accordance with the CES Dress and Grooming Principles and Expectations, the following dress accommodations have been made for athletic participation, as well as to ensure the health and safety of all participants:

1. Patrons should wear proper attire applicable to the athletic activity.
2. Shirts, shorts or pants, and appropriate footwear must be worn at all times.
3. Undergarments and midriff should be covered with clothing.
4. Clothing with belts and/or exposed metal (buttons, snaps, rivets, and/or zippers) are not permitted.

Additional standards for specific facilities, areas, and programs may apply. Student Wellness reserves the right to determine proper program attire.

HONOR CODE: In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and every instructor's expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

INHERENT RISK: In consideration of my being enrolled in Beginning Ice Hockey at BYU, **I ACKNOWLEDGE AND AGREE TO ASSUME THE INHERENT RISKS OF THE ACTIVITIES ASSOCIATED WITH THIS CLASS**. I acknowledge the risks involved in this class may include, but are not limited to: Frostbite, abrasions, dislocations, cuts, bruises, blisters, broken bones, strains, sprains, falls, concussions, torn muscles, internal injuries, spinal injuries; injuries caused by other participants, blows to the body, face or head, exhaustion,

dehydration, physical or emotional distress; injuries from contact with equipment; injuries occurring from colliding with other participants or objects; bad decision-making; inattention of or actions of other participants; misuse or failure of equipment; damage to clothing and other personal items and other risks, animal or bug bites or stings; sunburn; hypothermia, heat-related illness; adverse weather conditions including lightning, rain, hail, wind, snow, ice, cold, heat and other weather related phenomena; and other risks, hazards, or accidents, whether foreseen or unforeseeable.

OFF CAMPUS LOCATION: All ice skating and hockey classes are held at the Peaks Ice Arena located at 100 North Seven Peaks Boulevard in Provo.

FEES & EQUIPMENT: A $75.00 fee paid to BYU is due with your tuition. The fee is required and will not be refunded after the add/drop deadline, even if students have their own skates. Rental skates are included in the class fee. If students choose to use their own skates, they must check with the instructor to make sure they are acceptable for class use.

QUESTIONS OR CONCERNS: If you have questions or concerns, please visit with your instructor or contact Student Wellness in 112 Richards Building or email swellassistant@byu.edu.