STAC 150 – Beginning Ice Skating

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

COURSE LOCATION & CONTACT INFORMATION
Peaks Ice Arena – 100 North Seven Peaks Blvd., Provo, UT 84606
Jeff Butcher – Coordinator: (801) 852-6759 or jbutcher@provo.org

REGISTRATION & CLASS FEES
Every student MUST BE REGISTERED. A fee of $60.00 is due to BYU with your tuition fee. This fee is inclusive and applies even if the student has their own skates and will not be refunded after the add/drop deadline.

INSTRUCTORS
Classes taught by Peaks Arena Coaches and Instructors.

COURSE DESCRIPTION
Introduction and continuing development of beginning level ice skating skills, techniques, and history. Introduction of technical/safety knowledge. Classes are taught in a fun and enjoyable atmosphere encouraging a lifetime passion for ice skating. The student will improve cardiovascular physical fitness as well as learn social, and team skills. Class instruction consists of an off-ice lecture, proper warm-up, group instruction, individual instruction and practice.

LEARNING OUTCOMES
At the conclusion of the course students will:
1. Demonstrate the ice skating skills presented in the course using proper technique in an individual exam on-ice with the instructor. (A mid-semester evaluation will also be administered.)
2. Take a written exam covering the material taught in class instruction.

MEETING TIME
Thursday: 12:00pm-1:40pm
Tuesday & Thursday: 2:00pm–3:40pm (Tuesday Winter Only)
It is the responsibility of the student to check in/sign in every day. Class lectures last approximately 10 minutes and begin at 12:05 pm and 2:05 pm during the respective classes.

CLASS AGENDA

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<th>12:00-1:40PM</th>
<th>2:00PM-3:40PM</th>
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<tbody>
<tr>
<td>12:00 pm  Check in &amp; get skates</td>
<td>2:00 pm  Check in &amp; get skates</td>
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<tr>
<td>12:10 pm  Lecture on the ice</td>
<td>2:10 pm  Lecture on the ice</td>
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<tr>
<td>12:20 pm  Warm-up</td>
<td>2:20 pm  Warm-up</td>
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<tr>
<td>12:30 pm  Group Instruction on Ice</td>
<td>2:30 pm  Group Instruction on Ice</td>
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<tr>
<td>1:15 pm  Individual instruction/Practice</td>
<td>3:15 pm  Individual Instruction/Practice</td>
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<tr>
<td>1:40 pm  End class/Put away skates</td>
<td>3:40 pm  End class/Put away skates</td>
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COURSE CONTENT

Beginning Level – Ice Skating Skills:

1. Falling and recovery
2. Forward strides and gliding
3. Forward swizzles, 4-6 in a row
4. Moving snowplow stop (one or both feet)
5. Forward one foot glide, right & left – length of glide equal to skater’s height
6. Forward to backward two-foot turn in place
7. Backward skating, width of rink (wiggles, hustle, alternating steps/walking, swizzles, slalom)
8. Backward swizzle, 6-8 in a row
9. Forward curves on two feet
10. Forward ½ pumps on circle, 6-8 consecutive, clockwise (CW) & counter clockwise (CCW)
11. Forward Chasses on a circle, CW & CCW, 4 full continuous
12. Forward stroking showing correct use of blade
13. Backward ½ pumps on circle, 6-8 in a row, CW & CCW
14. Moving forward to backward & backward to forward two-foot turns on a circle, CW & CCW
15. Forward outside & inside edges on circle, CW & CCW – edge held two times the skater’s height
16. Forward crossovers, CW & CCW – 5 consecutive
17. Backward one-foot glide, right & left – length of glide equal to skater’s height
18. Backward one-foot snowplow stop, right or left
19. Backward outside & inside edges on circle, clockwise (CW) & counter clockwise (CCW) – edges held two times the skater’s height
20. Backward crossovers, CW & CCW – 5 consecutive

Skills may be added or omitted with the Coordinator’s approval. Students will be notified accordingly.

GRADING

- This course is graded PASS/FAIL
- Students must meet the following criteria to pass this course.
  1. Pass the attendance part of the course with 80%—no more than 5 hours absent
  2. Pass the written part of the class with 75% on the written test.

Students who do not meet this criteria will receive a Fail (E) grade which will impact their GPA.

ATTENDANCE/PARTICIPATION:

- Because participation is the primary component of an activity class, attendance is requisite to pass the class.
- Students must attend and participate in 80% of all class sessions to pass the course (Department policy). There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for illness, injury, or University business.
  - For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  - For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  - For once a week block classes, this equals no more than 1 class period missed.
- Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
- Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
- A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdraw deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
- If a student has any questions about this policy, contact Student Wellness, 203 RB, activity@byu.edu
WRITTEN EXAM

A written examination must be taken in the Testing Center.

**IMPORTANT:** The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Days or Finals.**

Please note the following:
1. The exam will cover materials taught and/or referred to in class.
2. If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged beginning 2pm on the last day of the exam.

OTHER REQUIREMENTS AND INFORMATION:

Registration & Class Fees
- Every student MUST BE REGISTERED. A fee of $60.00 is due to BYU with your tuition fee. This fee is inclusive and applies regardless if the student has their own skates.

Clothing
- It is COLD inside the arena and on the ice. Brrr!
- Dress for warmth. Wear clothing that allows you to move freely, i.e. exercise wear.
- Appropriate clothing consists of long pants, or athletic warm up pants, (no baggy sweats), layered shirts (long sleeve for warmth), sweatshirt/sweater, high socks and gloves or mittens.
- Inappropriate clothing includes skirts or dresses, tight jeans, bulky clothing or other attire that would inhibit your movement on the ice.
- Rental skates for use during your class are included in your Class Fee.
- You may use your own skates if you have them. Please check with an instructor or the Coordinator to make sure they fit correctly and are usable.

Equipment
- Rental skates are available at the Peaks Ice Arena for use during class time and during lab time.
- The cost of skate rental is included in the class fee paid to BYU.

Behavior, Language, and Sexual Harassment
- The Peaks will not tolerate inappropriate behavior, language or sexual harassment in any form.

Emergency Preparedness Information
- In the unlikely event of an emergency – please follow the instructions given by your instructors or arena management.
- Should a power failure occur while you are on the ice – please slow down and come to a safe stop. Be quiet and listen for safety instructions.

REMEMBER: Write your name & section number on all forms!
Welcome Students!

Thank you for choosing Ice Skating or Ice Hockey at The Peaks Arena for an off-campus activity class! We are looking forward to another exciting semester with you. Whether you are a new or returning student, this information will help get you skating smoothly.

Class Location:
The Peaks Ice Arena
100 North Seven Peaks Blvd.
Provo, Utah 84606

Directions:
Call 801-852-7465, press “0” for front desk.

Course Outlines & Registration Forms:
Please email Jacquelyn Packard at:
jpackard@provo.org

UTA Bus Schedule Information:
General Route Schedules –

From Provo River Bottoms / University Mall -

First Day of Class:
• Follow the signs directing you upstairs.
• Sit in the North Arena bleachers (to the left at top of stairs). First day activities include review of the course outline and waivers, followed by skating.
• Please bring a copy of the course outline and waiver to the Peaks Ice Arena on the first day of class.
• ORIENTATION begins 10 minutes after the hour, at 12:10 or 2:10 pm, on the first day of class only.
• Your responsibilities and the course requirements will be explained.
• Questions will be answered at the end of the orientation.
• Turn in a completed Peaks Arena Waiver & Release of Liability to the instructor prior to getting on the ice.
• The waiver is available on your campus web site with the Course Outline or from the front desk at the Peaks.
• If you have your own equipment, please have it inspected by your instructor when you turn in your waiver.
• If you arrive late, it is your responsibility to read and understand all the information in the Course Outline.

Following orientation you will divide into two groups, Figure or Hockey skating. Instructors will provide information specific to the type of skating class you selected and answer any other questions you have.

Always put your skates on in the front lobby or in an area with rubber matting. You may put your shoes and belongings under the benches or in a locker.

Thank you for being a part of the Peaks! Be safe and Have Fun! ---The Peaks Arena Staff