STAC 152 – Intermediate 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 Staff Professionals and Peaks Ice Skating Academy Instructors.

Course Description
Introduction and continuing development of intermediate level ice skating skills, techniques, technical and safety knowledge in a fun and enjoyable atmosphere fostering a lifetime passion for ice skating and improving cardiovascular physical fitness, social, and team skills. The class will, for the most part, take place on the ice; there will be short lectures and reading assignments off ice.

Learning Outcomes
At the conclusion of the course students will:
1. Demonstrate the ice skating skills covered in the course using proper technique and form in a 1:00-3:00 minute choreographed group or solo ice skating program to music or during an individual exam on ice with the instructor.
2. Take a written exam, which will cover the material taught in class instruction.

CLASS AGENDA
Section 001 – Tuesday – 2:00pm–3:40pm
2:00 pm Check in & get skates
2:10 pm Lecture on the ice
2:20 pm Warm-up
2:30 pm Group Instruction on Ice
3:15 pm Individual Instruction/Practice
3:40 pm End class/Put away skates
Course Skills

Intermediate Level – Ice Skating Skills

1. Backward crossover to backward outside edge (landing position) – edge held equal to two times the skater’s height
2. Forward inside pivots, right & left
3. Forward inside open Mohawk from a stand still position, right to left & left to right
4. Forward outside and inside consecutive edges, 4-6 half circles, alternating feet
5. Forward progresses on a circle, 4 full continuous
6. Adult 3 footwork sequence (2 foot swizzle, forward progressive, forward chasse, 2 foot side lunge)
7. Beginning two-foot spin (2 revolutions)
8. Forward outside & inside three turns from a stand still position, right & left – entrance and exit edges held equal to the skater’s height
9. Forward perimeter stroking with crossover end patterns
10. Forward outside to inside change of edge sequence (with swinging action of free leg forward to backward extension while changing to inside edge)
11. Alternate backward crossovers w/ two-foot transition, 3-6 sets of lobes
12. Adult 4 footwork sequence (3-5 forward crossovers, inside Mohawk, 3-5 backward crossovers, step forward inside the circle – repeat)
13. Power three turns, one direction only, 3 consecutive sets of turns
14. Backward chasse on a circle, CW & CCW, 4 full continuous
15. Forward lunge, right or left
16. Forward spiral on straight line, right or left
17. T-stop, right or left
18. One-foot upright spin (2 revolutions)
19. Mazurka or Ballet jump, R or L
20. Waltz jump-walk through, preparation and jump

Meeting Time

Class time is 2:00–3:40 p.m. It is the responsibility of the student to check in/sign in every day. Class lectures begin at 2:10 pm; they last approximately 5–10 minutes.

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 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 & 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
Appropriate clothing consists of long pants, layered shirts (for warmth), knee-high socks and gloves or mittens are highly recommended. Inappropriate clothing would include skirts or dresses, tight jeans, bulky clothing or other clothing that would inhibit your movement on the ice.

Equipment
Rental skates are available at the Peaks Ice Arena for use during class time and during lab time. The cost of skates 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 quite and listen for safety instructions.
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 Jake Drzayich at jdrzayich@prov.utah.gov.

Write your name & section number on all forms.

UTA Bus Schedule Information:

General Route Schedules –
www.rideuta.com/schedulesAndMaps/routeSchedules/byCounty.aspx

From Provo River Bottoms / University Mall -

When you arrive, 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 first day of class.

This is an ice arena - it will be cold. Wear warm clothing that allows you to move freely. Bring a jacket, sweater, or sweatshirt, and gloves or mittens. We strongly recommend that you don’t wear jeans and to wear gloves or mittens. Inappropriate attire would include clothing that is too tight, long scarves, heavy winter coats, shorts or dresses. Don’t forget socks (calf or knee-highs are the best). Rental skates for use during your class are included in your Class Fee.

Orientation begins 10 minutes after the hour, at 12:10 or 2:10 pm, depending on your class time. Your responsibilities and the course requirements will be explained. Questions will be answered at the end of the orientation. You must 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 Arena. 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 we will divide into two groups, Basic/Figure or Hockey skating. Instructors will provide information specific to the type of skating class you selected and they will answer any other questions you have.