

## PDP SK 101 Basic Skating

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Meets once per week: 0.5 Credit

### Course Description:

The curriculum developed by United States Figure Skating is implemented in these skating classes. Students will be taught progressive skills in order from beginner to advanced movements. Students will be taught the balance point on their skate and how to manipulate the blade by using the correct edge. Student will participate in drills which will develop their skill proficiency.

Typically there are 2 classes taking place at the same time. I will evaluate your skill level the first few classes and break students into groups. One group will have their lesson in the first half of class and the other group will have it in the second half of class. Lessons are usually 25 minutes to a half hour long. Each group will have 25 minutes to practice while not in lesson. If class size is large, I may have an assistant teaching with me. My assistants are members of the Boston University's nationally ranked skating teams.

It is my hope to provide you with technical information with a positive approach in a relaxed environment. STRESS FREE! Let's have some fun.

### Required Equipment:

You must provide your own equipment. I have limited skate storage and know where you can get your skates sharpened.

### Learning Outcomes:

#### Physical Objectives

1. Skate forward and backwards
2. Glide on one foot
3. Turn forward to backwards

#### Cognitive Objectives

1. Overcome fear of skating without assistance
2. Overcome fear of falling
3. Preventative measures to prevent falling

### Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a "W" grade.

**MG - Missing Grade:** If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

**I – Incomplete:** If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

**AU- Audit:** If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

**F- Fail:** It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

**Attendance Policy & Make-Up Classes:**

This class is a pass/fail class based on attendance and class participation. You are allowed to miss up to 3 classes (2 excused and 1 unexcused). I would appreciate an email explaining your absence. There will be an attendance book on the side. Please remember to sign in every day. If you have more than 3 absences, you will need to arrange to make up the classes you have missed. Please make arrangements to make up missed classes as soon as possible.

**Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancellations as well as other announcements may also be posted here.

For a broader explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

**Student Conduct:**

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

**Schedule:**

There are 14 levels of skills related to this class. All skills are taught in progression from the curriculum sheet. Once skills are mastered, the students will advance to the next level. Please see attached curriculum sheet.

## U. S. Figure Skating Basic Skills Program

### Basic Skills 1-8



The "basic skills" are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.



#### Basic 1

- Sit on ice and stand up
- March forward across the ice
- Forward two-foot glide
- Dip
- Forward swizzles – 6-8 in a row
- Backward wiggles – 6-8 in a row
- Snowplow stop
- Rocking horse – 2-3
- Two-foot hop in place (optional)



#### Basic 2

- Forward one foot glides – R and L
- Backward two-foot glide
- Backward swizzles – 6-8 in a row
- Two-foot turn from forward to backward in place
- Moving snowplow stop
- Forward alternating half swizzle pumps, in a straight line (slalom-like pattern)



#### Basic 3

- Forward stroking, showing correct use of blade
- Forward half swizzle pumps on a circle – 6-8 consecutive clockwise and counterclockwise
- Moving forward to backward two-foot turn – clockwise and counterclockwise
- Backward one-foot glides – R and L
- Forward slalom
- Two-foot spin – up to two revolutions



#### Basic 4

- Forward outside edge on a circle – R and L
- Forward inside edge on a circle – R and L
- Forward crossovers, clockwise and counterclockwise
- Forward outside three-turn, R and L from a stand-still position
- Backward half swizzle pumps on a circle, clockwise and counterclockwise
- Backward stroking
- Backward snowplow stop – R and L



#### Basic 5

- Backward outside edge on a circle – R and L
- Backward inside edge on a circle – R and L
- Backward crossovers, clockwise and counterclockwise
- Beginning one-foot spin – up to three revs, optional entry and free-foot position
- Hockey stop
- Side toe hop – both directions



#### Basic 6

- Forward inside three-turn – R and L from a standstill position
- Moving backward to forward two-foot turn on a circle, clockwise and counterclockwise
- T-stop – R or L
- Bunny hop
- Forward spiral on a straight line – R or L
- Forward lunge – R or L



#### Basic 7

- Forward inside open Mohawk from a standstill position – R to L and L to R
- Backward outside edge to forward outside edge transition on a circle – R and L
- Ballet jump – R and L
- Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
- Forward inside pivots – R or L



#### Basic 8

- Moving forward outside three-turn on a circle – R and L
- Moving forward inside three-turn on a circle – R and L
- Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge
- One-foot upright spin, optional entry and free-foot position
- Waltz jump
- Mazurka – R and L