

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY

PED 139 – ICE SKATING (1 CR.)

Course Description

Introduces the skills of figure skating with emphasis on form. Includes equipment selection and safety. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This skill-related physical activity course is designed to develop balance, coordination, and speed through participation in an individual sport.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including punching and chopping with the hands, lunging and kicking. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Skate forward and backward
- b) Stop while moving forward and backward
- c) Balance on one foot while moving forward
- d) Execute crossovers in either direction
- e) Use appropriate warm-up and conditioning activities
- f) Employ correct terminology for movements learned
- g) Practice safety while on and off the ice

Major Topics to be Included

- a) Equipment selection
- b) Safety and conditioning
- c) Forward and back sculling
- d) Snowplow stop
- e) Forward and backward push-glide
- f) One-foot glide
- g) Crossovers in both directions

Optional Topics

- a) Backward crossovers
- b) Turns
- c) Spins
- d) Hockey skills
- e) Jumps