Bemidji State University

PHED 1500: Skills for Life: Ice Skating

A. COURSE DESCRIPTION
   Credits: 1
   Lecture Hours/Week: 0
   Lab Hours/Week: 0
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None
   An activity course that examines and applies the fundamentals and skills of ice skating. Forward and backward stroking, crossovers and stops will be part of the evaluation. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Basic skating techniques
   2. Advanced skating techniques
   3. Equipment: figure skating skates, hockey skates, Nordic skates, etc.
   4. Skating conditions and safety
   5. Skating as a lifetime physical activity

D. LEARNING OUTCOMES (General)
   1. develop capacities to perform critical analysis by analyzing, adjusting, and refining their ability to skate.
   2. demonstrate higher order thinking as they analyze the scientific, biomechanical, and physiological aspects of ice skating.
   3. analyze their own current physical activity behavior and compare it to a national standard such as the recommendations in the current Surgeon General's Report on Physical Activity and Health.
   4. develop their skating techniques to improve their skills for wellness so that they can actively engage in a social/team physical activity.
   5. demonstrate the ability to speak to their classmates about some aspect of the sport of skating.
   6. express the value of skating as a form of physical activity that contribute to health and wellness.
   7. demonstrate safe behavior in the skill target setting and the elements of effective skill execution
   8. demonstrate knowledge and experience the benefits of course's Skill for Life as a lifetime skill/physical activity.
   9. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus
G. SPECIAL INFORMATION

None noted