

San Jose State University
Kinesiology
KIN 62A - Beginning Ice Skating, section 1, Spring 2022

Contact Information

Instructor:	Michelle Gentry
Location:	Sharks Ice at San Jose (Solar for America at Shark Ice) 1500 S. 10 th Street San Jose, CA 95112 (408)279-6000 front desk
Telephone:	Instructor phone or text (408)203-7485 preferred
Email:	michelle.gentry@sjsu.edu
Office Hours:	Upon Request
Class Meeting:	Tuesday 9:30 – 11:10 am Sharks Ice at San Jose

Course Description

A beginning ice skating course that covers the skills identified by the International Ice Skating Association (IISA).

Web Resource

This course adopts a hybrid classroom delivery format. Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams related to beginning ice skating.

- Knowledge of fundamental skills and technique for skating forward, backward and stopping.
- Proficiency in execution of the skating skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with beginning ice skating.

- An understanding of the mental and physical health benefits to be derived from ice skating.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.
- Class fulfills 1 unit

Activity Program Learning Outcomes

After successful completion of this physical activity general education requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Readings

Five required reading packets along with corresponding written quizzes posted on Canvas throughout the semester.

Course Notes

Class meetings will be on ice at Sharks Ice: Sharks Ice (Solar for America Ice at San Jose) is located at 1500 S. 10th Street, San Jose, CA 95112 on the corner of 10th & Alma Street across from SJSU football stadium and the new SJSU parking garage.

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- All students must have SJSU and Sharks Ice Waiver Liability Forms signed prior to stepping onto the ice. SJSU Liability Waiver Form found on Canvas class portal. Sharks Ice Liability Waiver Form distributed first day of class to be signed rink side. (If under 18 years of age, please contact instructor for parental waiver liability form signature prior to first day of class.)
- Appropriate dress:
 - Jeans or sweatpants that allow for easy body movement.
 - A sweater or jacket which may be removed as circulation and internal warmth increases.
 - A pair of socks that reach above the ankle.
 - A light pair gloves recommended for warmth and protection from the ice.
- Enter building through main lobby doors and check in at front desk: The City of San Jose has introduced new requirements for entry into City-owned buildings, including Sharks Ice at San Jose. **Beginning Friday, February 4, 2022**, all guests must provide the following for entry: **(See Sharks**

Ice Website for full vaccination policy www.solar4americaiceatsanjose.com .)

- Proof of full vaccination PLUS up-to-date booster if [booster eligible](#)* OR
- Proof of full vaccination if [not yet booster eligible](#)* OR
- Proof of a negative COVID-19 test result administered within the following timeframes:
 - Antigen test within one (1) day of the event you're planning to attend OR
 - PCR test within two (2) days of the event that you're planning to attend

**full vaccination" is defined as the administration of the final vaccine dose at least 14 days prior to the date of the event they will be attending.*

- A convenient way to show proof of full vaccination: Sharks Ice asks all its costumers to enroll in Clear App Pass. Sharks Ice has partnered with CLEAR and its Health Pass technology to provide guests with a seamless, convenient way to show proof of full vaccination. To provide ample time for Sharks Ice customers to enroll in CLEAR and generate their Health Pass. See first class day instruction.
- Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Additional practice: Additional ice time practice can be done on a public session. These skate times are posted online and must follow the online instructions to register. Normal public sessions fees apply and SJSU students, upon showing SJSU ID, can receive discounted admission fee.
- Course grades will be posted on Canvas by the end of finals week.
- Students may make-up classes during other class section ice time (I have 2 sections of Kin62A, Tuesday @ 9:20 am and Friday @ 8:20 am).
- Written and Mid-term Exam **cannot** be made up. See instructor for additional options prior to test day if needed.

Course Requirements, Assignments and Grading

Tests

- Skills Test - An On Ice Final will be administered the second to last day of instruction covering the following on ice instructional content:
 - forward and backward stroking
 - forward and backward one foot glides
 - forward and backward swizzles
 - snowplow and T- stops
- Quizzes both online and in class will be given and will contribute to your participation grade.
- Written Final Exam will be administered (in-person) the last day of instruction covering quizzes, class discussions, reviews and midterm.

Assignments/Projects

- SJSU classes will be online-learning the first 1 week of class only. Thereafter, class will meet in-person at the rink unless otherwise noted on weekly assignment list or announced in class. Please check your Canvas online weekly for class information and assignments.
- Extra credit options – will be announced in class
- Assignments completed for another class cannot be counted for this course.

Grading Plan

20% Class participation (online quizzes, pop quizzes, class discussions & reviews, midterm)
60% Skating Skills - Final Exam
20% Written Knowledge Final Exam

Grading Scale used to determine letter grade for each component above

**Grading Scale used to determine final course grade
with +/- (pass or fail) grading scale to be at least 72%.**

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

Campus Resources

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the Syllabus Information web page (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

SJSU Technical Support

Email: itservicedesk@sjsu.edu

Phone: (408) 924-1530

Web: <https://www.sjsu.edu/it/support/service-desk/index.php>

Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	02/01/22 Welcome to Sharks Ice – tour building, first day On Ice instruction begins and skating safety rules explained. Proper skating attire recommended as listed under class notes. Must show proof of full vaccination status (via Clear App preferred) upon entry into the building as discussed in class notes. Must have SJSU and Sharks Ice Waiver Liability Forms signed prior to stepping onto the ice. SJSU Liability Waiver Form found on Canvas. Sharks Ice Liability Waiver Form distributed in class to be signed rink side. (If under 18 years of age, please contact instructor for parental waiver liability form prior to first day of class.)
2	02/08/22 On Ice Instruction and Reading Packet & Corresponding Quiz #1
3	02/15/22 On Ice Instruction and Reading Packet & Corresponding Quiz #2
14	02/22/22 On Ice Instruction and Reading Packet & Corresponding Quiz #3
5	03/01/22 On Ice Instruction and Reading Packet & Corresponding Quiz #4
6	03/08/22 On Ice Instruction and Reading Packet & Corresponding Quiz #5
7	03/15/22 On Ice Instruction and midterm/skills test review
8	03/22/22 On Ice Midterm/Skills Test. This will be graded but counts only as participation points. Designed to give student's current class score similar to a grade check.
9	03/29/22 Spring Break
10	04/05/22 On Ice Instruction and one-on-one review of midterm/skills test grade
11	04/12/22 On Ice Instruction
12	04/19/22 On Ice Instruction
13	04/26/22 On Ice Instruction
14	05/03/22 On Ice Instruction and written final review
15	05/10/22 On Ice /Skills Final
16	05/17/22 No Class SJSU Mandatory Study/Conf. Day

Written Final proctored upstairs at rink in Stanley Restaurant TBA