# PDP SK 201 Intermediate Skating

Instructor: Andrea Mohns-Brillaud
Email: ajmb@bu.edu
Phone: 617-353-0739
Meets once per week: 1.0 Credit

**Course Description:**
The curriculum developed by United States Figure Skating and United States Hockey 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. 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.

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.  Learn forward and backward crossovers
2.  Spinning on one foot
3.  Turning forward to backward

Cognitive Objectives

1.  Understanding of edges and control
2.  Balance point of foot
3.  Understanding squareness of the core

**Grading Policy:**
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 rink side. Please remember to sign in every day.

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 rink 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 cancelations 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).

## U. S. Figure Skating Basic Skills Program
# Free Skate Curriculum

Each Free Skate level is divided into four sections: moves in the field, spins, dance/footwork sequence and jumps. The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.

### Free skate 1
A. Advanced forward stroking
B. Basic forward outside and forward inside consecutive edges (4-6)
C. Advanced back outside three-turns clockwise and counterclockwise (R and L)
D. Scratch spin from back crossovers — three revolutions minimum
E. Waltz jump — from 2-3 back crossovers
F. Half flip

### Free skate 2
A. Basic back outside and back inside consecutive edges (4-6)
B. Forward outside and forward inside spirals, clockwise and counter clockwise (R and L)
C. Continuous forward progressive chasse sequence — clockwise and counterclockwise
D. Waltz threes, R and L
E. Beginning back spin — two turns
F. Waltz jump, side toe hop, waltz jump sequence
G. Toe loop

### Free skate 3
A. Forward and backward crossovers in figure 8 pattern
B. Waltz 8
C. Advanced forward consecutive swing rolls (4-6)
D. Backward inside three-turn: R and L
E. Backspin with free foot in crossed leg position — three revolutions minimum
F. Salchow
G. Half Lutz jump
H. Waltz jump-toe loop combo or Salchow-toe loop combination sequence on a circle — clockwise and counterclockwise

### Free skate 4
A. Spiral sequence: FI spiral, FI Mohawk, BO Spiral — clockwise and counterclockwise
B. Forward power three-turns: R and L
C. Continuous backward progressive, chasse sequence on a circle — clockwise and counterclockwise
D. Sit spin — three revolutions
E. Loop jump
F. Waltz jump-loop jump combination

### Free skate 5
A. Backward outside three-turn, Mohawk into three backward crossovers — repeat three times clockwise and counterclockwise
B. Spiral sequence — Forward outside spiral, forward outside three-turn, one backward crossover, back inside spiral: clockwise and counterclockwise
C. Forward outside slide chasse swing roll sequence — 3–6 times, alternating feet
D. Camel spin — three revolutions minimum
E. Forward upright spin to back scratch spin — three revolutions, each foot
F. Loop/loop combination
G. Flip jump
H. Waltz jump-falling leaf-toe loop jump sequence

### Free skate 6
A. Alternating back crossovers to back outside edges
B. Five-step Mohawk sequence — clockwise and counterclockwise
C. Camel-sit spin combination — four revolutions total
D. Split jump or stag jump
E. Waltz jump-half loop-Salchow
F. Lutz jump
G. Axel — walk through, preparation, jump. Axel does not need to be landed to pass this test.

2011-12