

# PHED 1137 : Roller Skating Syllabus

## **Instructor Information**

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## **Class Meetings**

Tuesday 5:30-8:00 at the Rollercade at 223 Recoleta ([www.therollercade.com](http://www.therollercade.com))

## **Scope of the Course**

This course is designed to teach students the basic skills they need to participate in Roller Skating as part of a healthy active lifestyle

## **Course Objectives**

As a result of successfully completing this class, each student should:

1. Develop a desirable attitude toward recreational physical activity
2. Understand the principles involved in designing a good aerobic fitness program so that he/she can decide how much exercise is necessary and know what intensity level they need to develop aerobic fitness
3. Develop competence and confidence at Roller Skating so that they can achieve the desired intensity for a good aerobic workout

## **Attendance Policy**

The objectives for this course can only be achieved through regular participation. As this class meets only once each week, the Physical Education Department attendance policy will be changed to reflect this. One unexcused absence will be allowed without penalty. Each additional unexcused absence will reduce your final grade by 10 points. Absences will be considered excused if you provide medical documentation of injury or illness, provide notification of a University sanctioned event in advance of the absence, or receive prior approval from the instructor for special circumstances.

In addition, you will only get full credit for attending a class if you actually participate. It is expected that you will be on the floor skating for roughly 2 hours out of each 2.5 hour class. Because we are meeting during a public skate session, there will be certain times when you can't be on the floor skating. At nearly all other times, you should be on the floor. This policy will be relaxed a little in the first two weeks at the rink to accommodate your feet getting used to skating that length of time.

## **Class Requirements**

Following are the requirements for satisfactory completion of this class:

### **Skills Tests**

Over the course of the semester, students will demonstrate how well they have mastered different skills. They will be graded by how well they perform the following eight skills. Each skill must be completed without falling to count as being completed.

1. Skating forward around the rink outside the red loop
2. Skating backwards the length of the rink

3. Making a turn by crossing over your feet
4. Skating backwards around the rink outside the red loop
5. Changing from skating forward to skating backward while moving
6. Changing from skating backward to forward while moving
7. Skating a slalom the length of the rink and back
8. Skating a loop around the rink while crouched in a cart position
9. Skating around the rink outside the red loop in 20 seconds
10. Skating around the rink outside the red loop in 15 seconds

Each skill test that you successfully complete will count as 5 points toward your grade

### **Written Test**

A brief written test will be given covering the mechanics of skating and basic knowledge concerning physical fitness, why it is important, and how it is developed

### **Determination of Grades**

The final grade for each student will be determined by the following:

Skills tests	50 Points
Written test	10 Points
Attendance/Participation	40 Points

The usual standards of 90%, 80%, 70% will be used to determine actual letter grades. Note that grades in physical education activity classes do count toward your GPA

### **Class Procedures**

The class will meet from 5:30 – 8:00 p.m. every Tuesday. Meetings will take place at the Rollercade facility on Recoletta near the intersection of San Pedro and Jackson-Keller. The first class meeting will be in Room 223 in the Bell Center where the syllabus will be reviewed and arrangements made for travel to class. A map will be distributed showing how to get to the rink.