

**YORK UNIVERSITY**

**FACULTY OF HEALTH**

**SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE**

**Course:** HH/PKIN0312 M - Hockey I

**Course Webpage:** NA

**Term:** Winter 2023-2024

**Prerequisite / Co-requisite:** Not Applicable

---

### **Course Instructor**

Teresa Hutchinson

905-261-4980

[thutchin@yorku.ca](mailto:thutchin@yorku.ca)

Course consultation hours: Tuesdays – 1030 to 1230

### **Time and Location**

Tuesday's 10:30am – 12:30 pm

Canlan Arena

### **Expanded Course Description**

Hockey 1 is an activity course focusing on the concepts, strategies, rules, and skills involved in playing the game of hockey.

This course has been designed for players who have no experience with skating/hockey as well as those who have well developed hockey skill.

### **Organization of the Course**

Class will be instructed by the Lions women's assistant coach.

Class will begin with students with reviewing and answering the weekly topic. (1030-1035am)

Active participation on ice will follow, whereby students will execute the selected concept and/or skill, including modified or actual game play. 115 minutes (1035-1220)

The class will be divided as follows:

1. 1035am - 1125am – The first 50 minutes will be focused on individual technical skills required to play the game of hockey, including but not limited to:
  - a. Balance and agility
  - b. Edge control
  - c. Stopping/starting
  - d. Skating stride – forwards/backwards
  - e. Turning and crossovers
  - f. Basic puck control
2. 1125am – 1220pm – This portion of the class will focus on individual and team tactics, including but not limited to:
  - a. Passing
  - b. Shooting
  - c. Moving puck control/offensive tactics
  - d. Game play (modified, small area and full ice)

## **Course Objectives**

### Purpose

The purpose of this course will be to improve students' current skill level, foundational understanding of team play/tactics and understanding the rules.

### Learning Objectives

Upon successful completion of the course will at a minimum have expanded their skills, tactical and team play knowledge, as well as general knowledge of the rules.

### Course Text / Readings

Additional readings may be assigned or recommended during the course.

## **Grading**

The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests\* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - <http://calendars.registrar.yorku.ca/2010-2011/academic/index.htm>)

The final grade for the course will be based on the following items and weighted as indicated:

### **1. Written assignments 30%**

Consists of one written and one practical assignment to be completed in the last class of the semester.

Assignments will be based on material covered in class.

### **Lateness Penalty**

Assignments received later than the due date will be penalized, one-half letter grade (1 grade point) per day that assignment is late). Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., a doctor's letter).

### **Assignment Submissions**

Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be received on the due date specified for the assignment.

Assignments are to be handed in through email before 9:00pm the night prior to the final class.

### **2. Attendance and Participation 30%**

Forwards Skating, Backwards Skating, Stopping, Crossovers, Passing, Shooting

Students are permitted a maximum of 4 absences.

2% will be deducted for every class missed.

Participation in the class discussion on the weekly research topic will be considered part of the attendance and participation mark

### **3. Effort and Attitude 40%**

Degree of overall improvement, as well as effort demonstrated in skills and playing ability is considered as well as overall attitude.

For details on accommodation circumstance, see page 17 of the FACULTY OF HEALTH SCHOOL OF KINESIOLOGY and HEALTH SCIENCE UNDERGRADUATE SUPPLEMENTAL CALENDAR for documented absences required to maintain mark in the event of an absence.

#### **4. Ungraded Option**

Students may take a limited number of courses for degree credit on an ungraded (pass/fail) basis. For full information on this option see Alternative Grading Option in the **FACULTY OF HEALTH SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE** section of the Undergraduate Calendar: <https://www.yorku.ca/health/kinesiology/wp-content/uploads/sites/404/2022/04/KINE-2021-Sup-Calendar.pdf>

#### **ADDITIONAL INFORMATION**

To participate in this course, full equipment is encouraged, however at minimum, students **MUST** have the following equipment:

- Hockey skates
- **Hockey helmet with a full-face cage/shield** – with the chin strap securely fastened
- Hockey stick
- Gloves – hockey gloves are recommended; however thick winter gloves/mitts are acceptable.

All on ice classes will be held at Canlan arena, located on campus directly north of the Sobeys Tennis Stadium.

#### **IMPORTANT COURSE INFORMATION FOR STUDENTS**

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) - <https://secretariat.info.yorku.ca/files/CourseInformationForStudentsAugust2012-.pdf>

- Senate Policy on Academic Honesty and the Academic Integrity Website
- Ethics Review Process for research involving human participants

- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation