COURSE NUMBER & TITLE: PE 1340: Curling
CREDITS: 1 (0 Lec / 1 Lab)
PREREQUISITES: None

CATALOG DESCRIPTION:
Beginning curling introduces the history, rules, etiquette, technique, strategy, and scoring of curling. Students will perform on-ice drills and participate in games at a local curling rink.

OUTLINE OF MAJOR CONTENT AREAS:
1. History
2. Equipment
3. Safety
4. Rules
5. Etiquette
6. Scoring
7. Terminology
8. Basic skills
   A. Delivery of rock
      1. In-turns
      2. Out-turns
      3. Exiting from the hack
   B. Sweeping
9. Position play
   A. Lead
   B. Second
   C. Third
   D. Skip
10. Measuring a rock
11. Strategy
   A. Skip responsibilities
   B. Guards
   C. Draws
   D. Freezes
   E. Hit and roll
   F. Lead rock placement

COURSE GOALS/OBJECTIVES/OUTCOMES:
1. Students will define curling terminology.
Students will identify and utilize the equipment.

2. Students will demonstrate proper curling rink etiquette.

3. Students will utilize proper safety precautions.

4. Deliver the rock with
   a. an in-turn.
   b. an out-turn.
   c. a proper exit from the hack.

5. Students will summarize the historical evolution of curling.

6. Apply during the game
   a. rules of curling.
   b. scoring of curling.

7. Students will demonstrate during game play the strategy of sweeping.

8. Students will set a
   a. draw.
   b. guard.
   c. freeze.
   d. hit and roll situation.

9. Students will demonstrate the playing positions on a team.

10. Students will measure the distance of the rock from the center using the proper measuring tool.

MNTC GOALS AND COMPETENCIES MET:
N/A

HCC COMPETENCIES MET:
Working productively and cooperatively
Thinking creatively and critically

STUDENT CONTRIBUTIONS:
Students are expected to attend all lectures and working sessions, participate in all activities and discussions, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.

ADDITIONAL INFORMATION:
This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.
Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.
Curling equipment will be supplied by a local curling club. Special fees will be assessed at registration to include the cost of facility and equipment rental.

| AASC APPROVAL DATE: | November 16, 2016 |
| REVIEW DATE:       | November 2021     |