

OU Curling Club
Curling 101: Level 1 Curling Certification
Free Online Course

Course Syllabus

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Course Description:

This course focuses on the basic fundamentals of curling. The course will review the history of the sport, how the sport is played and score is kept, how to throw the stone, and how and why to sweep in front of the stone. At the conclusion of the course, individuals who complete the requirements will receive a certificate of completion.

Course Methods:

The majority of the course will be taught online through Canvas. The final will be a demonstration of basic curling knowledge and ability at a Learn-to-Curl.

Course Objectives:

To broaden understanding and appreciation of curling
To briefly review the historical beginnings of curling
To understand the fundamentals to throw the stone
To learn how to sweep in front of the stone
To know basic etiquette of the game
To understand how points are scored
To have a basic knowledge of game strategy
To apply knowledge of course to actual application and game play

List of Topics

Introduction to Curling	Dare to Curl USA Curling Video
	History of Curling
	Three H's of Curling
	Playing Area
Delivery Basics	Position in the Hack
	Throwing Handle
Sweeping	Effective Sweeping
Rules and Strategy	Rules
	Basic Strategy
Line of Delivery	Line of Delivery
Timing	Timing the Speed of the Stone
Team Communication	Communication
Future Opportunities	Opportunities
	Curling Clubs