

Las Positas College  
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## Course Outline for KIN UF3

### ULTIMATE FRISBEE 3

Effective: Fall 2015

#### I. CATALOG DESCRIPTION:

KIN UF3 — ULTIMATE FRISBEE 3 — 1.00 - 2.00 units

This is an advanced level course designed to master the skills necessary to compete in the sport of ultimate frisbee. Instruction will include increasing throwing distance and accuracy, offensive and defensive strategies, and aerobic conditioning.

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

KIN UF2 - Ultimate Frisbee 2  
with a minimum grade of C

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

- Physical Education

**Family:** Kinesiology Ultimate Frisbee

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

**Before entering this course, it is strongly recommended that the student should be able to:**

##### A. KINUF2

1. Exhibit team play and sportsmanship as defined by the "spirit of the game" in the sport of ultimate frisbee.
2. Execute an effective overhead, forehand and backhand throw of 20-40 yards.
3. Perform the horizontal offense during play.
4. Demonstrate effective marking and pivoting skills.
5. Implement the Man-to-Man defensive strategies.

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Demonstrate and apply an effective forehand and backhand throw of 60+ yards.
- B. Execute the end zone offense correctly during play.
- C. Implement the standard zone defense during play.
- D. Show evidence of an increase in aerobic conditioning in a timed 1 mile run.

#### V. CONTENT:

- A. Middle Distance Throws
  1. Forehand - increase distance to 60+ yards
  2. Backhand - increase distance to 60+ yards
  3. Overhead - increase distance to 40+ yards
- B. Offensive strategies
  1. End zone offense
  2. Spread
  3. Cutting
  4. Diving
- C. Zone defensive strategies
  1. Sideline trap
  2. Standard zone
  3. Mark up zone
  4. Clam
  5. Diving

- D. Aerobic conditioning
  - 1. speed work drills
  - 2. agility skills
  - 3. running distance for endurance

VI. METHODS OF INSTRUCTION:

- A. Student Participation in drills and games
- B. **Lecture** - End zone offense
- C. **Observation and Demonstration** - Zone defense
- D. **Demonstration** - Forehand and backhand throws.

VII. TYPICAL ASSIGNMENTS:

- A. Follow instructor through drills
- B. Demonstration
  - 1. Cutting
- C. Class and group discussions of game situations
  - 1. Zone defense
  - 2. End zone offense
- D. Class activities
  - 1. 1 mile run

VIII. EVALUATION:

- A. **Methods**
  - 1. Exams/Tests
  - 2. Class Participation
  - 3. Class Performance
- B. **Frequency**
  - 1. Exams
    - a. 2 per semester
  - 2. Participation
    - a. Daily
  - 3. Class Performance
    - a. 3-5 times per semester

IX. TYPICAL TEXTS:

- 1. Baccarini, Michael and Booth, Tiina (2008). *Essential Ultimate: Teaching, Coaching, Playing* (First ed.). : Human Kinetics.
- 2. Parinella, J., & Zaslow, E. (2004). *Ultimate Techniques & Tactics* (First ed.). Champaign , Illinois: Human Kinetics.
- 3. USA Ultimate. Current Official USA Rules of Ultimate. USA Ultimate , 2010.
- 4. World Flying Disc Federation. WFDF Rules of Ultimate 2013. WFDF Ultimate Rules Committee , 2013.
- 5. The American Ultimate Disc League. AUDL Rulebook 2014 Season. AUDL , 2014.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are to provide their own exercise clothes and appropriate shoes/cleats