

Oxford College of Emory University  
Ultimate Frisbee  
Spring 2007

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Division: Physical Education and Dance	Instructor: Ms. Esther Miltenberger
Course Number: PE 220R	Office: Conference Room
Course Title: Ultimate Frisbee	Phone: 770-784-4634
Office Hours: MWF: 9:30am-10:00am and by appointment	Email: <a href="mailto:emilten@learnlink.emory.edu">emilten@learnlink.emory.edu</a>

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**Course Description:** The course is designed to provide an understanding of the game of Ultimate Frisbee and develop the skills and knowledge needed to participate as a leisure time and fitness activity. Students will develop competency in fundamental skills of basic disc throwing and catching and learn offensive and defensive strategies and spirit of the game.

**Course Goal:** To provide students with a fundamental understanding of the sport of ultimate frisbee, improve their physical fitness, and provide them the opportunity to develop the basic skills to play ultimate frisbee successfully.

**Course Text:**

Required Reading: Ultimate Players Association. (2003). Official rules of ultimate, 10<sup>th</sup> ed. Bolder, CO: Ultimate players Association (May be downloaded from : <http://www.upa.org/ultimate/rules>)

**Course Topics:** Please refer to the course outline

**Activities:** Class discussion, participation, in-class assignments, take home assignments and PHYSICAL ACTIVITY (Ultimate Frisbee and other activities)

**Evaluation:** The final grade will be based on:

**Course Evaluations:**

Mid-term:	30 points
Final:	40 points
Quizzes:	10 points
Mini micro teach:	40 points
Skills Test:	20 points
Participation:	60 points

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Total:	200 points
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<b>Grading Scale:</b>	100-93%	A	79-77%	C+
	92-90%	A-	76-73%	C
	89-87%	B+	72-70%	C-
	86-83%	B	69-60%	D
	82-80%	B-	<60%	F

### **Assignments:**

**Exams:** Two Quizzes, Midterm and final. Format will be multiple choice and short answer questions.

Mini Micro-teach: see handout

**Class Attendance:** Each student is required to come to class. **Each student will be allocated three unexcused absences. Each additional absence will result in -5 PTS. to the final point total. If the student has accumulated more than 6 absences (20% of the class) the final grade will result in an “F”.** If you believe you have justification for an absence to be excused you **MUST** discuss this with Ms. Miltenberger in person, and authentic documentation must be provided on the first day back to class. There will be no exceptions.  
**\*\*If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services (Cathi Wentworth).**

**Lateness:** Lateness will NOT be tolerated. Every third time you are late (not in class within the first five minutes of start time) you will be penalized an absence.

### **Important Information:**

Reasonable accommodation for students with writing deficiencies:  
 Students are expected to have developed certain competencies necessary for success in college. If you have not developed the competencies needed to function at this level, you will be required to do so, in order to pass this course. For this reason, referrals to the writing center are required.  
 Students with identified or suspected disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722). No special arrangements will be made for any student

unless the instructor is contacted directly via official request from this office.

Reasonable accommodation for students with disabilities: If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, physical activity, etc., please speak with me as soon as possible. Students may also contact the Office of Disability Services (404-727-6016) with questions about such services. **It is the student's responsibility to initiate considerations, all students must self-disclose to ODS and complete the registration process.**

Reminder: Class activities may include vigorous activities. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the course. Students may also contact the Office of Disability Services (404-727-6016).

**Dress code:**

On activity days you must come to class dressed appropriately for physical activity, i.e. sweatpants/shorts, a t-shirt, and running shoes. No jeans or street shoes. You will not be allowed to participate if you are dressed inappropriately. As a college student, you are responsible for presenting yourself in a professional manner. Cell phones must be turned OFF during class.

**Participation:**

Participation/Sportsmanship Rubric (per day)	
Points	Expectations

4 points	<u>Excellent</u> : This student cares about their performance as well as that of their fellow classmates. They demonstrate this by helping others, showing encouragement, cooperation, concern, and extending inclusion to any classmate. They are not only willing to participate in activities, but will volunteer to demonstrate new activities with the instructor. This student is excited about the subject matter, and shows initiative in leading the class in displaying that excitement by yelling encouragements, clapping and shouting the names of classmates in a positive manner.
3 points	<u>Good</u> : This student can complete tasks without the supervision of the instructor, will seek help from fellow classmates or the instructor on her own, and will follow along with positive actions and excitement displayed by class leaders.
2 points	<u>Average</u> : This student will actively participate in class activities, is willing to try new movements without complaining, and tries hard to improve those movements.
1 points	<u>Below Average</u> : This student will not interfere with the progression of fellow classmates, but does not participate consistently in activities and may focus on chatting with friends instead of staying on task.
0 points	<u>Unacceptable</u> : This student talks while the instructor is giving directions, does not set up or put equipment away, chats instead of participating in activities and influences other classmates by encouraging the same poor behavior. This student may laugh <i>at</i> other students instead of showing positive encouragement

**Honor code:**

I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or skills test for this class you are under dictates of the Honor Code. Please see [www.college.emory.edu/students/honor.html](http://www.college.emory.edu/students/honor.html)

**Grade Appeal Process**

If you wish to contest the final grade you receive in this class you are to put your request to me in writing within 5 days of final grades being posted. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the 5 day deadline.

Course Outline

<b>JANUARY</b>	
R 18	Course introduction/Syllabus Micro Teach Information
T 23	Lecture: Origin and development of Ultimate Frisbee Activity: Warm-up/Stretching Relay Races
R 25	<b>Fitness testing</b>
T 30	Lecture: Basics of Ultimate Team Formation Day Activity: Warm-up/Stretching, Drills Backhand Throwing/Catching (Rules)

<b>FEBRUARY</b>	
R 1	<b>Quiz I: Origin and Basics of Ultimate</b> Activity: Warm-up/Stretch, Drills Forehand/Backhand Throwing
T 6	Lecture: Defense Activity: Throwing and Catching/ Defensive Strategies Team Practice
R 8	Lecture: Review Rules, Throwing and Catching Activity: Warm-up/Stretch, Drills Throwing Competitions Team Practice (trading)
T 13	Lecture: Offense Activity: Warm-up/Stretch, Drills Offensive Strategies
R 15	<b>Team Practice/Scrimmage</b>
T 20	Lecture: Cardiovascular Fitness Activity: Mini ultimate games
R 22	Lecture: Review for Mid-term Exam Activity: Team Practice
T 27	<b>MID-TERM EXAM</b>
<b>MARCH</b>	
R 1	Lecture: Advanced Defense Activity: Practice drills/Advanced defense Team Practice (fine tuning)
T 6	Activity: Class Tournament Play
R 8	Activity: Class Tournament Play
T 13	Spring Break – No class ☺
R 15	Spring Break – No class ☺
T 20	Activity: Disc Golf
R 22	Lecture: Review for Midterm Exam Activity: Disc Golf
T 27	<b>Midterm Exam</b>
R 29	Micro Teach
<b>APRIL</b>	
T 3	Micro Teach
R 5	Micro Teach
T 10	Micro Teach
R 12	<b>SKILLS TEST</b> <b>Team Practice</b>
T 17	Ultimate Competition
R 19	Ultimate Competition
T 24	Review for Final Exam
R 26	<b>Fitness Testing</b>
<b>MAY</b>	
T 1	<b>FINAL EXAM</b>

Note: All dates and activities are subject to change. Instructor will give proper notice of such change(s).