

Las Positas College  
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## Course Outline for KIN UF4

### ULTIMATE FRISBEE 4

Effective: Fall 2015

#### I. CATALOG DESCRIPTION:

KIN UF4 — ULTIMATE FRISBEE 4 — 1.00 - 2.00 units

This is a progressive competitive level course designed to prepare students for tournament play in the sport of ultimate frisbee. Instruction will provide a strong emphasis on high levels physical conditioning required for competitive play such as agility, speed, and endurance. Instruction will discuss successful game management and coaching philosophy.

1.00 - 2.00 Units Lab

#### Prerequisite

KIN UF3 - Ultimate Frisbee 3  
with a minimum grade of C

#### Grading Methods:

Letter or P/NP

#### Discipline:

- Physical Education

Family: Kinesiology Ultimate Frisbee

	<u>MIN</u>	<u>MAX</u>
<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 the course a student should be able to:**

##### A. KINUF3

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

#### IV. MEASURABLE OBJECTIVES:

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

- A. Execute effective forehand and backhand throws of 80+ yards.
- B. Implement successful game management tactics.
- C. Compare and contrast coaching philosophies between men's and women's teams
- D. Demonstrate an increase in agility through a timed ladder run

#### V. CONTENT:

- A. Long Distance Throws
  1. Forehand - increase distance to 80+ yards
  2. Backhand - increase distance to 80+ yards
  3. Overhead - increase distance to 60+ yards
- B. Successful Game Management Tactics
  1. Substitutions
  2. Timeouts
  3. Defensive strategies
  4. Offensive strategies
- C. Coaching philosophy
  1. Men
  2. Women
  3. Co-ed
  4. Fundraising
- D. Physical Conditioning required for competitive play
  1. agility skill work
  2. Speed drills

3. Aerobic endurance running

VI. METHODS OF INSTRUCTION:

- A. **Discussion** - Coaching philosophies
- B. Student Participation in drills and games
- C. **Simulations** - Game situations
- D. **Demonstration** - Conditioning drills

VII. TYPICAL ASSIGNMENTS:

- A. Follow instructor through drills
- B. Demonstration
  - 1. Backhand throw 80+ yards
- C. Class and group discussions of game situations
  - 1. Game management
  - 2. Coaching philosophy
- D. Class activities
  - 1. 1 mile run
  - 2. timed ladder

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 Tiina Booth. *Essential Ultimate: Teaching, Coaching, Playing*. 1st ed., Human Kinetics, 2008.
- 2. Parinella, James, and Eric Zaslow. *Ultimate Techniques & Tactics*. First ed., Human Kinetics, 2004.
- 3. USA Ultimate. Current Official USA Rules of Ultimate. USA Ultimate , 2010.
- 4. The 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