

Las Positas College
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Course Outline for KIN UF1

ULTIMATE FRISBEE 1

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN UF1 — ULTIMATE FRISBEE 1 — 0.50 - 2.00 units

This is an introductory course designed to teach students basic skills of ultimate frisbee and "spirit of the game". Instruction will include learning basic throws, catches, offensive and defensive strategies, and rules of the game.

0.50 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Ultimate Frisbee

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Identify the general rules of play for ultimate frisbee
- Define ultimate equipment and field specifications
- Demonstrate and apply an effective forehand and backhand throw of 5-20 yards
- Demonstrate and apply effective one handed and two handed catches
- Utilize strategies of competitive play
- Demonstrate team play and sportsmanship as defined by the "spirit of the game" in the sport of ultimate

V. CONTENT:

- Rules of ultimate
 - History
- Ultimate equipment
 - Selection
 - Use
 - Safety
- Basic throws
 - Forehand
 - Backhand
- Catching
 - One hand
 - Two hands
- Game Movement
- Drills to improve and develop skills required in ultimate
 - Proper warm up and stretching
- Skills and strategies
- "Spirit of the Game"

VI. METHODS OF INSTRUCTION:

- Student Participation in drills and games
- Lecture** - Offensive and defensive strategies.
- Demonstration** - Forehand and backhand throws.
- Individualized Instruction** - one handed and two handed catching.

VII. TYPICAL ASSIGNMENTS:

- Follow instructor through drills
- Demonstration
 - forehand grip and throw

- C. Class and group discussions of game situations
- D. Class activities: throwing practice

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
- B. Class Participation
- C. Class Performance

IX. TYPICAL TEXTS:

1. USA Ultimate (2010). *Current Official USA Rules of Ultimate* (11th ed.). : USA Ultimate .
2. Baccarini, Michael and Booth, Tiina (2008). *Essential Ultimate: Teaching, Coaching, Playing* (First ed.). : Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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