

**PE 137 Ultimate Frisbee**  
**(Spring 2010 Monday/Wednesday/Friday)**

**Instructor:** Mr. Michael Sabatelle MEd ATC LAT

**Office:** Williams Gymnasium

**Office Hours:** by appointment

**Phone:** 770-784-4634

**Email:** michael.sabatelle@emory.edu

**Section:** 10:40 - 11:30am

**Classrooms:** Room 105 Williams Gymnasium / Bivings Field\*

\*(subject to change)

**Course Description:**

A lifetime fitness course designed to improve cardiovascular fitness, muscular strength and endurance, flexibility, agility, coordination and body composition through playing Ultimate.

**Course Objectives:**

The objective of this course is to improve the cardiovascular fitness, muscular strength and endurance, flexibility, agility, coordination and body composition of the participants while playing and enjoying Ultimate.

The activity portion of 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 life time fitness activity. Students will develop competency in fundamental skills of basic disc throwing and catching, learn offensive and defensive strategies, the history, rules and “Spirit of the Game.”

**Course Competencies:**

Upon completion of PE 137, students will be able to:

1. Assess and evaluate his/her present physical fitness status.
2. Learn and demonstrate how to improve personal fitness through Ultimate.
3. Design and develop an Ultimate fitness and technique training program.
4. Improve and maintain personal health and fitness.
5. Understand the history, “Spirit” and rules of Ultimate Frisbee.
6. Compete in Ultimate Frisbee competitions.
7. Perform the basic skills of throwing, catching, pivoting and defending.

**Course Text:** Ultimate Players Association-11<sup>th</sup> Edition Rules [www.upa.org/ultimate/rules/11th](http://www.upa.org/ultimate/rules/11th)  
There is no required book for this course. Handouts, labs, videos and web links will be provided by the instructor during the semester to supplement class lectures.

## Course Topics:

- A. Lectures: Class orientation/expectations, Ultimate history, rules, “Spirit of the Game”, technical training and individual and team tactics.
- B. Class Activities: Ultimate Frisbee will be the main activity. Students should also be prepared to complete labs, walk, jog, run, perform flexibility, fartlek, circuit, muscular endurance, strength and interval training, agility, balance and plyometric exercises, lift weights, ride bicycles, use medicine balls, stairmaster, elliptical, etc.

**Additional information:** Handouts, labs, video and web links will be provided by the instructor during the semester to supplement the class lectures and demonstrations.

## Instructional Activities and Methodology:

A developmental and systemic approach will be employed for teaching this course. Students will be provided with learning opportunities in the form of discussion, visual aids, literature reviews, labs and a variety of exercise sessions and activities to improve their knowledge, motor skills and personal health and wellness.

## Evaluations:

### A. Written Exams: (40%) 400 points

Exam I (10%)

Exam II (10%)

Cumulative Final Exam (20%)

Format will vary: multiple choice, short answer, fill-in the blank, and matching questions.

### B. Participation/Attendance/Dress (30%) 300 points

Thirty percent of the students' final grade will be based on their attendance and participation. Students will earn 300 points towards their final grade if, you do not miss more than two (2) classes, always arrive on time, are dressed appropriately, and actively participate in every class.

### C. Motivation (10%) 100 points

Actively participate in every class. Encourage and support other students and the instructor.

### D. Skill Evaluation (20%) 200 points

Testing of various Ultimate techniques will be evaluated at the end of the semester.

### E. Grading Scale:

A	1000-930	C+	799-770%
A-	929-900%	C	769-730%
B+	899-870%	C-	729-700%
B	869-830%	D	699-600%
B-	829-800%	F	<600%

### **Class Attendance Policy:**

- A.** Each student is expected to attend the class at the scheduled times. Tardy and absences will be counted and considered in your final grade. Each student will be allocated **three (3) unexcused absences**.
- B. After three (3) unexcused absences, 40 points will be deducted from B. Participation.** Each additional unexcused absence will result in a 10 point deduction. Four absences -40 points, 5 absences -50 pts., 6 -60 pts., 7 -70 pts., 8 -90 pts.
- C.** If a student accumulates a total of 9 absences or more the final grade will be an “F”.
- D.** Religious holidays approved by the College may be excused if you inform me in advance of the holiday.
- E.** Students are expected to come to class on time. If you arrive after roll call you are late. Lateness will NOT be tolerated. After you are late three times (not in class within the first five minutes of start time) you will be penalized an absence. For every subsequent lateness, there will be an additional 10 point deduction.
- F.** Even if you do not feel well enough to participate please come to class! There are other ways you can contribute so that your grade will not be penalized.
- G.** If you believe you have justification for an absence to be excused you **MUST** discuss this with me in person. Authentic documentation must be provided on the first day back to class. There will be no exceptions. If possible, it is strongly suggested that you communicate with me before you miss the class, regardless of the reason.

**Excused absences are emergencies (e.g. car accident, hospitalization, death in the family), religious holidays or medical issues that require a student to seek medical attention.**

**NOTE:** If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services.

### **Honor Code:**

Oxford College considers any academic misconduct such as cheating of any form on a quiz, examination or homework to be a very serious offense. Any student not adhering to the honor code policy will be subject to likely consequences of disciplinary probation, suspension, and/or dismissal from the college. 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. [www.college.emory.edu/students/honor.html](http://www.college.emory.edu/students/honor.html)

### **Participation/Behavior:**

Expectations:

Arrive on time, dress appropriately, actively participate in class, respect others, no foul language, no cell phone use, and positively support others in class.

Deductions:

- 10 pts. Dressed inappropriately.
- 10 pts. Disrupting class/instructor (ex. - cell phone use in class, texting, phone vibrating or ringing in class, use of vulgar language, inappropriate actions in class, etc.)
- 10pts. Leaving class without permission (ex. - attending the classroom session but, not showing up for the activity session, etc.)

**LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADE-UP.** If you are going to be absent on assignment due dates or EXAM days, it is the student's responsibility to make arrangements with me one class period before the day that will be missed.

**General Requirements and Information:**

**A. Dress Code:**

On activity days you must come to class dressed appropriately for physical activity, i.e. wear cross-training, soccer, or tennis shoes and loose fitting clothing that allows for free movement when playing Ultimate - shorts, sweats, t-shirts, sweatshirts, sweatpants, athletic shoes tennis/court/soccer. No jeans, street shoes, flip flops, sandals or bare feet. 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. Pants/shorts should not be worn where the undergarments are exposed. Shirts should not represent any negative propaganda. Please change in the locker rooms or dorm rooms before and/or after class.

**B. Weather:**

If it is raining or threatening to rain, report to the classroom dressed appropriately and be prepared for an indoor fitness activity. Class will be held outside when appropriate including light rain, hot or cold temperatures, windy, etc. You should be prepared for hot/humid and cold/windy weather throughout the semester. Dress appropriately for the climatic conditions, wear layers, rain gear, hats and gloves if necessary. Bring a water bottle to class and use sunscreen.

**C. Electronic devices:**

Cell phones and beepers must be turned OFF during class. The wearing of head phones is not permitted during class.

**D. Safety/Security:**

Accidents and robberies can happen, especially while engaged in physical activity. Therefore, we ask for your help in making our classes/fields/gym/weight room, etc. safe places.

- Remove all jewelry before coming to class.
- Choking can be hazardous to your health! Dispose of all gum or candy before class starts.
- No food or eating during class.
- No changing in class.
- No bare feet, sandals or flip flops.

- Please do not bring valuables to class.
- Avoid leaving items unattended or unsecured.
- Use physical education equipment for its intended purpose and under the direct supervision of an instructor.
- Please do not leave the gym, field, classroom without permission.
- If you leave class, with permission, please return promptly.
- Please be respectful, courteous and responsible with your words and actions. Unsportsmanlike conduct, inappropriate language and bullying will not be tolerated.
- Report all injuries or illnesses immediately to Michael.

#### **E. Classroom etiquette:**

**NO** devices that allow communication via phone, pager, text message, e-mail, etc. are permitted in class. Such devices seen or used during class will become the property of Mr. Sabatelle for the class period. Reoccurring problems will result in disciplinary action as stated in the Oxford College Student Conduct Code. [http://oxford.emory.edu/audiences/faculty\\_and\\_staff/human-resources/employment/faculty-handbook/oxford\\_college\\_student\\_honor\\_code.dot](http://oxford.emory.edu/audiences/faculty_and_staff/human-resources/employment/faculty-handbook/oxford_college_student_honor_code.dot) If such communication is needed during class please notify Mr. Sabatelle prior to class. If you have questions or do not understand please see me for clarification. At Mr. Sabatelle's discretion, any behavior that disrupts class or is offensive will not be tolerated and will lead to disciplinary action as stated in the Oxford College Student Conduct Code.

#### **F. 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).