

Las Positas College  
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## Course Outline for KIN UF2

### ULTIMATE FRISBEE 2

Effective: Fall 2015

#### I. CATALOG DESCRIPTION:

KIN UF2 — ULTIMATE FRISBEE 2 — 1.00 - 2.00 units

This is a beginning/intermediate level course designed to enhance skills that pertain to the sport of Ultimate Frisbee. Instruction will include throwing, catching, pivoting and marking skills. Offensive and defensive strategies will be introduced.

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

KIN UF1 - Ultimate Frisbee 1

#### **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. KINUF1

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

#### IV. MEASURABLE OBJECTIVES:

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

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

#### V. CONTENT:

- A. Review rules of ultimate frisbee
  1. "Spirit of the game"
- B. Review equipment requirements for ultimate frisbee
- C. Throws
  1. Forehand - increase distance to 40 yards
  2. Backhand - increase distance to 40 yards
  3. Overhead
  4. Pivoting
- D. Offensive strategies
  1. Horizontal stack
  2. Vertical stack
- E. Man-to-man defensive strategies
  1. Sideline defense
  2. Force middle defense
  3. Straight up defense

#### 4. Marking

#### VI. METHODS OF INSTRUCTION:

- A. **Individualized Instruction** - overhead throw
- B. **Lecture** - Offensive and defensive strategies.
- C. **Demonstration** - Forehand and backhand throws.
- D. Student Participation in drills and games

#### VII. TYPICAL ASSIGNMENTS:

- A. Follow instructor through drills
- B. Demonstration
  - 1. overhand grip and throw
- C. Class and group discussions of game situations
  - 1. how to mark a thrower and play force middle defense
- D. Class activities: throwing practice

#### 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. *Ultimate Techniques & Tactics*. First ed., Human Kinetics, 2004.
- 3. World Flying Disc Federation. WFDF Rules of Ultimate 2013. WFDF Ultimate Rules Committee , 2013.
- 4. USA Ultimate. Current Official USA Rules of Ultimate. USA Ultimate , 2010.
- 5. American Ultimate Disc League. AUDL Rulebook 2014 Season. American Ultimate Disc League , 2014.
- 6. "Ultimate Magazine." 2014.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

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