

Las Positas College
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Course Outline for KIN UF 3

ULTIMATE FRISBEE 3

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN UF 3 — ULTIMATE FRISBEE 3 — 0.50 - 2.00 units

This is an advanced level course designed to master the skills necessary to compete in the sport of ultimate frisbee. Instruction will include increasing throwing distance and accuracy, offensive and defensive strategies, and aerobic conditioning.

0.50 - 2.00 Units Lab

Prerequisite

KIN UF2 - Ultimate Frisbee 2

Grading Methods:

Letter or P/NP

Discipline:

	<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:

Before entering the course a student should be able to:

A. KINUF2

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate and apply an effective forehand and backhand throw of 60+ yards.
- B. Demonstrate the end zone offense
- C. Demonstrate standard zone defense
- D. Demonstrate an increase in aerobic conditioning in a timed 1 mile run

V. CONTENT:

- A. Review rules of ultimate
 - 1. "Spirit of the game"
- B. Review ultimate equipment
- C. Throws
 - 1. Forehand - increase distance to 60+ yards
 - 2. Backhand - increase distance to 60+ yards
 - 3. Overhead - increase distance to 40+ yards
- D. Offensive strategies
 - 1. End zone offense
 - 2. Spread
 - 3. Cutting
 - 4. Diving
- E. Zone defensive strategies
 - 1. Sideline trap
 - 2. Standard zone
 - 3. Mark up zone
 - 4. Clam
 - 5. Diving
- F. Aerobic conditioning

VI. METHODS OF INSTRUCTION:

- A. **Observation and Demonstration** - Zone defense
- B. **Demonstration** - Forehand and backhand throws.
- C. Student Participation in drills and games
- D. **Lecture** - End zone offense

VII. TYPICAL ASSIGNMENTS:

- A. Follow instructor through drills
- B. Demonstration
 - 1. Cutting
- C. Class and group discussions of game situations
 - 1. Zone defense
 - 2. End zone offense
- D. Class activities
 - 1. 1 mile run

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. 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