

Las Positas College
 3000 Campus Hill Drive
 Livermore, CA 94551-7650
 (925) 424-1000
 (925) 443-0742 (Fax)

Course Outline for KIN UF

ULTIMATE

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN UF — ULTIMATE — 0.50 - 2.00 units

Introduction and participation in the skills and conditioning needed to participate in the sport of ultimate frisbee.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

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: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Play by the general rules of ultimate frisbee;
- B. Demonstrate and perform basic skills (e.g. forehand, backhand, throws, one and two handed catches, marking an opponent, etc.) required of ultimate;
- C. Describe ultimate equipment and field specifications;
- D. Describe the importance of warm-ups and cool-downs; and flexibility;
- E. Utilize strategies of competitive play;
- F. Understand the roles of leadership, team play, and sportsmanship;
- G. Exhibit sportsmanship.

V. CONTENT:

- A. General instruction on basic rules of ultimate;
- B. Selection, use and safety concerns associated with ultimate equipment;
- C. Basic offensive and defensive strategies used in ultimate;
- D. Selected drills to improve and develop skills required in ultimate;
- E. Participation in ultimate games.

VI. METHODS OF INSTRUCTION:

- A. Lecture and Demonstration 1. elements of forehand grip and throw
- B. Student Participation in drills and games

VII. TYPICAL ASSIGNMENTS:

A. Follow instructor through drills B. Demonstration 1. forehand grip and throw C. Reading 1. read an article/handout on ultimate D. Class and group discussions of game situations 1. how to mark a thrower and play force middle defense E. Class activities: throwing practice F. Skill building exercises 1. set up a three week exercise program to improve marking skills. 2. participate in class activities for coordination improvement. G. Class project 1. observe an off-campus slow pitch game.

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Quizzes
- 3. Class Participation
- 4. Class Performance
- 5. Other:
 - a. Methods
 - 1. Student Participation
 - 2. Performance of Proper Technique
 - 3. Objective examinations and/or quizzes
 - a. What is the traveling violation and what is the penalty?

b. What is the distance of an end zone?

B. Frequency

1. Frequency

- a. Daily assessment of participation
- b. Daily, immediate and continual feedback of students skills and progress
- c. End of term evaluation.

IX. TYPICAL TEXTS:

- 1. Ultimate Players Association (UPA) *Official Rules of Ultimate.*, -, 0.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are to provide their own clothes, appropriate shoes, and may bring own equipment.
- B. The college provides some discs.