

Las Positas College  
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## Course Outline for KIN UF 2

### ULTIMATE FRISBEE 2

Effective: Fall 2013

#### I. CATALOG DESCRIPTION:

KIN UF 2 — ULTIMATE FRISBEE 2 — 0.50 - 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 an introduction to offensive and defensive strategies.

0.50 - 2.00 Units Lab

#### **Strongly Recommended**

KIN UF1 - Ultimate Frisbee 1

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	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. Demonstrate and apply an effective forehand and backhand throw of 20-40 yards.
- B. Demonstrate and apply an effective overhead throw.
- C. Demonstrate and apply effective pivoting skills.
- D. Demonstrate and apply effective marking skills.
- E. Demonstrate the horizontal offense
- F. Recognize team play and sportsmanship as defined by the "spirit of the game" in the sport of ultimate

#### V. CONTENT:

- A. Review rules of ultimate
  1. "Spirit of the game"
- B. Review ultimate equipment
- 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. Student Participation in drills and games
- B. **Individualized Instruction** - overhead throw
- C. **Lecture** - Offensive and defensive strategies.
- D. **Demonstration** - Forehand and backhand throws.

#### 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. 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