

Las Positas College
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Course Outline for KIN UF 4

ULTIMATE FRISBEE 4

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN UF 4 — ULTIMATE FRISBEE 4 — 0.50 - 2.00 units

This is an advanced level course designed to prepare students for tournament play in the sport of ultimate frisbee. Instruction will include increasing a strong emphasis on physical conditioning: agility, speed, and endurance. Instruction will also include game management and coaching philosophy.

0.50 - 2.00 Units Lab

Strongly Recommended

KIN UF3 - Ultimate Frisbee 3

Grading Methods:

Letter or P/NP

Discipline:

	MIN	MAX
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 this course, it is strongly recommended that the student should be able to:

A. KINUF3

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 80+ yards.
- B. Employ game management strategies
- C. Compare and contrast coaching philosophies between men's and women's teams
- D. Demonstrate an increase in agility through a timed ladder run

V. CONTENT:

- A. Review rules of ultimate
 - 1. "Spirit of the game"
- B. Review ultimate equipment
- C. Throws
 - 1. Forehand - increase distance to 80+ yards
 - 2. Backhand - increase distance to 80+ yards
 - 3. Overhead - increase distance to 60+ yards
- D. Game management
 - 1. Substitutions
 - 2. Timeouts
 - 3. Defensive strategies
 - 4. Offensive strategies
- E. Coaching philosophy
 - 1. Men
 - 2. Women
 - 3. Co-ed
 - 4. Fundraising
- F. Conditioning
 - 1. Agility
 - 2. Speed
 - 3. Aerobic

VI. METHODS OF INSTRUCTION:

- A. Student Participation in drills and games

- B. **Simulations** - Game situations
- C. **Demonstration** - Conditioning drills
- D. **Discussion** - Coaching philosophies

VII. TYPICAL ASSIGNMENTS:

- A. Follow instructor through drills
- B. Demonstration
 - 1. Backhand throw 80+ yards
- C. Class and group discussions of game situations
 - 1. Game management
 - 2. Coaching philosophy
- D. Class activities
 - 1. 1 mile run
 - 2. timed ladder

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