

Course Outline

COURSE: KIN 80A **DIVISION:** 40 **ALSO LISTED AS:** KIN 80 & PE 80

TERM EFFECTIVE: Spring 2020 **CURRICULUM APPROVAL DATE:** 10/8/2019

SHORT TITLE: ULTIMATE FRISBEE - BEG

LONG TITLE: Ultimate Frisbee - Beginning

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

A coeducational course designed for the beginning skill level. Includes instruction in basic throwing, catching, and the passing skills in ultimate Frisbee. Basic rules and introduction to team play will be presented. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65

STUDENT LEARNING OUTCOMES:

1. Demonstrate the basic backhand and forehand throws and the two handed catch.

Measure of assessment: demonstration

Semester/Year assessed, or planned Semester/Year of assessment: Spring 2017

2. Explain and apply the basic rules of ultimate Frisbee.

Measure of assessment: exam, discussion, demonstration

Semester/Year assessed, or planned Semester/Year of assessment: Spring 2017

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 10/8/2019

4.5 - 9 Hours

Course introduction, including course syllabus, grading, and class requirements. Presentations on the proper techniques for throwing

and catching a Frisbee. This will include the basic backhand and forehand throws. The grip, wrist snap, release point, and follow through will be discussed. The basic two-handed pancake catch will be demonstrated and practiced.

SPO: Demonstrate the correct Frisbee throwing and catching techniques for the backhand and forehand throws and for the two-handed catch.

3 - 6 Hours

Safety, including body control and injury prevention will be discussed. Review techniques for the basic backhand and forehand throws and the basic two-handed pancake catch. Common problems and helpful hints will be discussed, such as the importance of the transfer of weight during the throws as well as maintaining a level head position. Various drills will be introduced to provide students with the opportunity to practice their basic throws and catches, such as throwing in pairs, the basic line drill, and the three player drill.

SPO: Explain safety concerns for this activity. Discuss the importance of weight transfer and a level head position when throwing the Frisbee. Participate in various drills while utilizing proper techniques for throwing and for catching the Frisbee.

4.5 - 9 Hours

Continue working on basic throwing and catching skills in a variety of drill activities. Introduce the high release, which is a basic pass but the disc is released at head height or higher, which will be used for team play. Variations of the drills used to date, such as getting throwers to throw high, floating passes to practice high catches; increasing the distance between throwers; and throwing to a running target will be included.

SPO: Demonstrate the high release throw and catch. Participate in a variety of moving drills while demonstrating correct Frisbee throwing and catching techniques.

3 - 6 Hours

The basic rules and vocabulary of ultimate Frisbee will be explained. Introduction to team play. The opportunity to practice all skills learned to date will be provided through a variety of activities.

SPO: List the basic rules and identify the vocabulary for ultimate Frisbee. Demonstrate the skills learned to date during team play.

6 - 12 Hours

Team play and other activities; such as basic cutting drills, which helps teams work on timing, agility and coordination; will be provided to build skills. Introduce the techniques required to throw the disc so that it turns to the right or turns to the left. All skills, basic rules, and ultimate Frisbee vocabulary will be utilized.

SPO: Demonstrate various skills, apply basic rules, and utilize appropriate vocabulary while participating in ultimate Frisbee team play. Demonstrate throwing the disc so that it turns to the right or turns to the left.

4 - 8 Hours

Continue team play. Semester review and skill evaluation.

SPO: Demonstrate the ability to throw the Frisbee for accuracy. Participate in team play activities.

2 Hours

Final.

METHODS OF INSTRUCTION:

Demonstration, guided practice, discussion

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 0

Assignment Description: No out of class assignments are required as this is a lab course.

METHODS OF EVALUATION:

Skill demonstrations

Percent of total grade: 50.00 %

30% - 60% Demonstration exams

Objective examinations

Percent of total grade: 20.00 %

10% - 30% Multiple Choice; True/False; Matching Items; Completion; Other: Short Answer

Other methods of evaluation

Percent of total grade: 30.00 %

REPRESENTATIVE TEXTBOOKS:

Textbook not required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201470

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201470

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 168A

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000554597

Sports/Physical Education Course: Y

Taxonomy of Program: 127000