

Course Outline

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

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

SHORT TITLE: ULTIMATE FRISBEE - INTER

LONG TITLE: Ultimate Frisbee - Intermediate

<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 activity designed for the intermediate skill level. Includes instruction in throwing and catching variations and the passing skills in ultimate Frisbee. Team strategy, team play and the rules will be presented. Other disc activities, such as Frisbee golf, may be included. 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 two different types of throws and catches and utilize them in game play.

Measure of assessment: demonstration

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

2. Recognize various offensive and defensive situations common to ultimate Frisbee and apply the appropriate techniques and strategies.

Measure of assessment: demonstration, exam, discussion

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. Review of the correct Frisbee throwing and catching techniques for the backhand and forehand throws and the two-handed catch. Review the techniques required to cause the disc to turn to the right or turn to the left. Presentations on the proper techniques for the overhand wrist-flip, the thumber, and the one-handed catch.

SPO: Demonstrate the correct Frisbee throwing techniques for the overhand wrist-flip and the thumber. Perform a one-handed catch.

3 - 6 Hours

Review body control and injury prevention safety factors. Review techniques for all Frisbee throws and catches presented. Introduce the backhand behind the back throw and the one-finger catch. Continue working on various throwing and catching techniques through a variety of skill building drills, such as the wheel relay.

SPO: Discuss the importance of body control as a safety factor. Demonstrate the backhand behind the back throw and the one-finger catch. Participate in skill building drills while utilizing the correct techniques for throwing and for catching the Frisbee.

4.5 - 9 Hours

A variety of games which allow the students to practice their skills will be presented. Fundamental offenses and defenses used in ultimate Frisbee will be described. Presentations on maneuvers such as tipping, airbrushing, and guiding and the behind the back catch.

SPO: Demonstrate throwing and catching skills in game-like situations. Discuss the various offenses and defenses used in ultimate Frisbee. Demonstrate tipping, airbrushing, and guiding maneuvers as well as the behind the back catch.

3 - 6 Hours

Review the rules and vocabulary of ultimate Frisbee. Team strategies will be discussed, including the importance of getting open for the disc and getting open to receive the disc as well as the importance of transition from offense to defense.

SPO: Utilize the rules and vocabulary during class activities. Discuss offensive and defensive team strategies, including the importance of the transition from one to the other. Participate in game play.

6 - 12 Hours

Team play and competition will be provided as well as other activities to build skills. All skills, offenses, defenses, and strategies will be utilized. Presentation on the between the legs catch and the behind the head catch.

SPO: Demonstrate various offenses and defenses during team play. Attempt a between the legs catch and a behind the head catch.

4 - 8 Hours

Continue team play. Other disc activities such as Frisbee golf could be introduced. This could include a field trip to an established Frisbee golf course and/or setting up our own course. Semester review and skill evaluation.

SPO: Demonstrate three methods of throwing the disc and three methods of catching the disc. Participate in team play utilizing various strategies.

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:

CSU Crosswalk Course Number:

Prior to College Level:

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000554596

Sports/Physical Education Course: Y

Taxonomy of Program: 127000