

**Course Outline**

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

**TERM EFFECTIVE:** Fall 2011                      **Inactive Course**

**SHORT TITLE:** ULTIMATE FRISBEE

**LONG TITLE:** Ultimate Frisbee

<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 all skill levels. Includes instruction in throwing, catching, and the passing skills of ultimate frisbee. Team strategy, team play and the rules will be presented. Other disc activities, such as frisbee golf, may be included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 80, effective Fall 2011.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

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

**REPEATABILITY:** R - Course may be repeated  
 Maximum of 3 times

**SCHEDULE TYPES:**

- 04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. The student will demonstrate two different types of throws and catches and be able to utilize them in game play.
- ILO: 7, 2

Measure: performance

2. The student will recognize various offensive and defensive situations common to ultimate frisbee and apply the appropriate techniques and strategies.

ILO: 7, 2, 4, 1

Measure: demonstration, exam

3. The student will identify and discuss safety issues specific to ultimate frisbee.

ILO: 7, 2, 1

Measure: discussion, demonstration, exam

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 80, effective Fall 2011.

Curriculum Approval Date: 03/10/2008

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 throws of the backhand, the underhand, and the sidearm. The grip, angle of release, delivery, and common problems and helpful hints will be discussed. Basic catches, such as the two-handed catch, the one-hand catch, and the behind the back catch will be practiced. Students who repeat the class will have the opportunity to learn advanced throws such as the overhand wrist-flip, the thumber, the backhand behind the back throw, the underhand between the legs throw, and the wrist-flip under the leg throw. The between the legs catch, the behind the head catch, and the one-finger catch are advanced catches that will be learned by students who repeat the class.

SPO: Students will demonstrate two different types of throws and two different types of catches with the frisbee.

3 - 6 Hours

Safety, including body control and injury prevention will be discussed. Skill building opportunities, such as passing from one teammate to another will be provided. Continue working on throwing and catching techniques. Students who repeat the class will be taught maneuvers such as tipping, airbrushing, and guiding.

SPO: The skills involved in moving the frisbee from one end of a playing field to the other end will be demonstrated. Students will explain safety concerns for this activity.

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. Students who repeat the class will be provided with the opportunity to practice their advanced skills through a variety of games. They will assist the other students with implementing the offenses and defenses.

SPO: Students will demonstrate their throwing and catching skills in game-like situations. They will discuss the various offenses and defenses used in ultimate frisbee.

3 - 6 Hours

The rules and vocabulary of ultimate frisbee will be explained. Team strategies will be discussed. The opportunity to practice all skills learned to date will be provided through a variety of activities. Students who repeat the class will be expected to demonstrate the advanced skills.

SPO: Students will list the rules and identify the vocabulary for ultimate frisbee. Their skills will be demonstrated during 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. Students who repeat the class will be provided leadership opportunities during team play.

SPO: Students will demonstrate various offenses and defenses during team play.

4.5 - 9 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. Students who repeat the class will become more proficient in these skills through repetition.

SPO: Students will demonstrate their ability to throw the frisbee for accuracy.

2 Hours

**METHODS OF INSTRUCTION:**

Demonstration, guided practice, discussion.

**METHODS OF EVALUATION:**

The types of writing assignments required:

None

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Multiple choice

True/false

Matching items

Completion

Other: short answer

Other category:

Other: Participation required

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 30% - 60%

Objective examinations: 10% - 30%

Other methods of evaluation: 30% - 60%

**REPRESENTATIVE TEXTBOOKS:**

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 200930  
CSU GE:  
    CSU E, effective 200930  
IGETC:  
CSU TRANSFER:  
    Transferable CSU, effective 200930  
UC TRANSFER:  
    Transferable UC, effective 200930

**SUPPLEMENTAL DATA:**

Basic Skills: N  
Classification: A  
Noncredit Category: Y  
Cooperative Education:  
Program Status: 1 Program Applicable  
Special Class Status: N  
CAN:  
CAN Sequence:  
CSU Crosswalk Course Department: PE  
CSU Crosswalk Course Number: 80  
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: CCC000456305  
Sports/Physical Education Course: Y  
Taxonomy of Program: 083500