

## UMBC UGC New Course Request: PHED 107

Date Submitted:

Proposed Effective Date: Fall 2016

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### COURSE INFORMATION:

Course Number(s)	PHED 107 Section 01
Formal Title	Ultimate Frisbee
Transcript Title (≤30c)	PHED 107 Ultimate Frisbee
Recommended Course Preparation	None
Prerequisite <b>NOTE:</b> Unless otherwise indicated, a prerequisite is assumed to be passed with a "D" or better.	None
Credits	1.5
Repeatable?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Max. Total Credits	3.0 <small>This should be equal to the number of credits for courses that cannot be repeated for credit. For courses that may be repeated for credit, enter the maximum total number of credits a student can receive from this course. E.g., enter 6 credits for a 3 credit course that may be taken a second time for credit, but not for a third time. Please note that this does NOT refer to how many times a class may be retaken for a higher grade.</small>
Grading Method(s)	<input type="checkbox"/> Reg (A-F) <input type="checkbox"/> Audit <input checked="" type="checkbox"/> Pass-Fail

### PROPOSED CATALOG DESCRIPTION (no longer than 75 words):

**This course is 1.5 credit hours. It is designed to teach individual throwing, catching and defending, as well as team play in the sport of ultimate Frisbee. Students will learn the rules of the game, how to self-officiate, movement patterns and defending strategies. Course is pass/fail.**

**RATIONALE FOR NEW COURSE: This course is needed to give students additional opportunities for fulfillment of the UMBC physical education requirement. It will be taught once in the fall term and possibly the spring term as well. This course will serve students wishing to enroll in a non-traditional activity that can be played with a partner or as a member of a team. Ultimate Frisbee is considered a lifetime sport suitable for all ages. The course is offered at the 100 level as are all PHED activity classes. This course has no prerequisites. All PHED classes are pass/fail. All PHED 100 level course in the team and individual sport categories are repeatable for credit.**

### ATTACH COURSE OUTLINE (mandatory):

Ultimate Frisbee PHED 107 Section 01

Credits: 1.5

Course Description: This course is designed to introduce the basic skills and strategies of the sport of ultimate frisbee. Students will be provided the opportunity to gain knowledge, enhance psychomotor skills and improve cardiovascular systems through partner drills, and games of ultimate Frisbee and Frisbee golf.

### Competencies/Objectives:

Upon completion of this course the student should be able to:

1. Demonstrate competencies in the skills of throwing and catching a frisbee.
2. Demonstrate understanding of the rules and strategies of ultimate frisbee
3. Demonstrate a fitness level to fully participate in a game of ultimate frisbee and frisbee golf.
4. Demonstrate an understanding of "self-officiating"
5. Demonstrate a knowledge of terms used in the sport of ultimate Frisbee.

## 6 Enjoy social interaction during physical activity

### Evaluation:

Attendance and class participation 90%

Ultimate Frisbee rules test 10%

### Required Equipment:

Students must wear apparel appropriate for physical activity including running shoes.

### Course Format:

Oral or video presentation, general warm-up, review drills, daily topic, games, cool down and questions and answer.

### Policies and Procedures:

Attending class regularly and punctuality are expected and required. No more than two unexcused absences are allowed. Students are expected to be actively engaged in all class activities.

### Medical Concerns:

If a student has any medical problem or limitations that would affect their performance in class, they should notify the instructor of such at the beginning of the semester or when the situation arises. Any injury regardless of severity must be reported to the instructor.

### Course Content:

#### Session I

Introduction to ultimate

Demonstrations and videos to introduce the backhand throw

Assessment of the student's backhand grip and delivery technique

#### Session II

Introduction of the forehand throwing technique

Review the backhand technique

Drills for combining techniques

Assessment of the forehand grip and delivery technique

#### Session III

Introduce the rules for disc golf

Play disc golf using the previously learned throwing techniques

#### Session IV

Teach the pancake and two hand catches

Review two previous throwing techniques

Introduction of the hammer throw

Drill work

#### Session V

Teach the rules of ultimate frisbee

Introduction to "spirit of the rules" concept and self-officiating

Play ultimate

#### Session VI

Teach the concept of basic defending

Introduce the game of disc tag

Play ultimate  
Assessment of receiver defending

Session VII  
Instruction on how to throw to a moving receiver  
Instruction on how to catch when running  
Play ultimate

Session VIII  
Introduce marking and how to pivot  
Small group marking drills  
Play ultimate

Session IX  
Review disc golf rules and play  
Disc golf tournament

Session X  
Introduce the concept of the V cut  
Line drills with V cuts  
Play ultimate  
Assess receiver maneuvering

Session XI  
Review Spirit of the Game  
Review rules  
Play ultimate  
Assess understanding of the rules and sportsmanship

Session XII  
Assessment of skills  
Split up teams for tournament  
Hand out take home exam due last day of tournament  
Sessions XIII-XV  
Implement all of the skills and information learned in a three session tournament.

Grading:  
Pass/Fail

Text:  
None. Handout on ultimate frisbee and frisbee golf rules and strategies.