

## Course Syllabus for PEDB 1280

### Ultimate Frisbee

Fall 2007

#### **Instructor information:**

Name: Cornell Foo

Office: Ramsey Center, Room 350

E-mail: [cfoo@uga.edu](mailto:cfoo@uga.edu)

Office hours: 9:00-10:00am MW or by appointment.

**Class date and time:** T Th 11:15-12:05pm, Intramural field 5

*(In the event of inclement weather gym west room 117)*

#### **Textbook:**

Hoeger, W. W. and S.A. Hoeger. (2005). Fitness and Wellness. 6<sup>th</sup> Edition. Thomson/Waldsworth, Belmont, CA.

#### **Course Description:**

This course is designed to introduce the basic skills and knowledge of ultimate frisbee and to promote meaningful physical activity via participation. Each session will begin with a warm-up and then will transition into the outlined course objectives. The remaining time will be used for application of introduced techniques, game play and warm down.

#### **Objectives:**

1. To provide and foster an understanding of the basic rules governing ultimate frisbee.
2. To assist in the development of basic skills.
3. To encourage physical activity and promote an understanding of the importance of exercise to overall health.

#### **Class Policies and Procedures:**

1. This course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.
2. **Attendance**-Regular and punctual class attendance and participation are required and are important factors in assessing your final grade. Ten points will be deducted for each unexcused absence. You will be considered “**tardy**” if arriving 10 minutes after the scheduled start time. Two tardies will be counted as one absence. Absences in excess of four will receive an unsatisfactory grade. Any absences due to illness must be verified by a Physician or the Student Health Center or by talking with the instructor and getting approval in advance.
3. **Dress**- Appropriate clothing and gear are required. Athletic shorts and t-shirts are acceptable. Athletic shoes are required.
4. The “Clearance for Safe Exercise Participation” form should be read. Students with prior and existing medical conditions should disclose these to the instructor prior to the start of the class.
5. Students are responsible for supplying water or other fluids for hydration.

6. The policy on academic honesty should be read and can be found in the College Catalog. All academic work must meet the standards contained in “A Culture of Honesty.” Each student is responsible to inform themselves about these standards before performing any academic work.

**Course Outline:**

Throwing  
Catching  
Marking  
Pivoting  
Free play

**Course Evaluation:**

A student must obtain a combined score of 60 points to receive a satisfactory grade. Participation will be worth 40 points; the Fitness Knowledge Component (to be discussed) will be worth 40 points. A final exam, worth 20 points, will be administered covering basic knowledge and definitions. Students with perfect attendance throughout the semester may exempt the final exam. 100 possible points are achievable for this course.