

# PHED 43A: ULTIMATE I

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Team Sports family of activity courses.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Description

Designed to enhance the student's skills and abilities in Ultimate Frisbee. Emphasis will be placed on cardiovascular and muscular fitness. This course is progressive; the intensity increases as the individual improves abilities.

## Course Objectives

The student will be able to:

- Improve throwing skills.
- Refine forehand and backhand throwing skills.
- Apply the technical rules of Ultimate Frisbee.
- Improve defensive skills.
- Improve cardiovascular endurance.
- Gain skills that will enhance enjoyment and knowledge about the game of Ultimate Frisbee.

## Course Content

- Basic skills: throwing forehand/backhand, catching.
- Teaching cuts and formations.
- Basic defensive concepts on how to defend.
- Basic offensive strategies.
- Technical rules: fouls, violations, and picks; stall counts and contested fouls.

## Lab Content

- Basic skills: throwing forehand/backhand, catching.
- Teaching cuts and formations.
- Basic defensive concepts on how to defend.
- Basic offensive strategies.
- Technical rules: fouls, violations, and picks; stall counts and contested fouls.

## Special Facilities and/or Equipment

Throwing disc and related equipment to Ultimate Frisbee.

## Method(s) of Evaluation

- Collaborative group work
- Demonstrations observed by instructor
- Group discussions

- Written quizzes: written and practical tests which demonstrate the student's ability to learn and apply skills and concepts in accordance with minimum standards established by the instructor
- Class participation

## Method(s) of Instruction

- Class activities
  - Class discussions
  - Collaborative group work
  - Demonstrations
  - Evaluation
  - Group discussions
  - Guided instruction
  - Laboratory
  - Lecture
  - Observation
- Demonstration/description of skills
  - Specific drills to reinforce skills
  - Participation by the students

## Representative Text(s) and Other Materials

Leonardo, Pasquale Anthony. Ultimate: The Greatest Sport Ever Invented by Man. Breakaway Books, 2014.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- Assigned handouts
- Written exams
- Class surveys
- Practice skills acquired

## Discipline(s)

Physical Education