

Dixie State College
Course Syllabus
Disc Golf, PEHR 1129
Fall 2013: 08/19/2013-12/13/2013

Prerequisites: None

Credit Hours: 1.0 semester credits

Class Time: Tuesday, Thursday 1:00-1:50pm

Class Location: Gym 107

Instructor: David Howell

Office Hours: Monday-Thursday 9:00am-5:00pm
Office Location: Intramural Office Phone: 879-4263 Email: dhowell@dixie.edu

Textbooks: None

Department Objectives:

All PEHR courses have the following learning outcomes:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

Course Description: Disc Golf is a course designed to introduce students to basic disc golf skills and knowledge. The course includes instruction concerning the basic skills of the game as well as technique, strategy and etiquette. Emphasis will be placed on an understanding of the game and its basic rules and regulations.

Required Materials: Proper athlete attire (Shoes, comfortable shorts/pants, shirt, etc.)

Attendance/Grading: Students will be graded on their attendance, participation, fulfillment of out of class assignments and their progressions of abilities measures through skills tests.

Attendance: (5 points per class) x (30 classes)	150
Overall Class Participation:	10
Disc Golf Course Outline:	10
Skills Test: (5 points per test) x (2 tests)	10
<u>Final Exam</u>	<u>20</u>
Total Points:	200

****Extra credit will be given for participation in outside activities assigned by the instructor.***

Grading Scale:	A=95-100	A-=90-94
	B+=87-89	B=83-86
	B-=80-82	C+=77-79
	C=73-76	C-=70-72
	D+=67-69	D=63-66
	D-=60-63	F=59 and Low

Assignments

Disc Golf Course Outline: Each student must draw/map out a 9 hole Disc Golf course and label each hole with its distance, obstacles and par. The assignment is an individual assignment and is expected to be turned in on time.

Skills Test: Each student will participate in two skills tests that will be done in class. These tests will be designed to show that the students' abilities are progressing in accordance with the aspirations of the teacher/instructor. Each test will be based on an individual basis and are intended to measure the growth of each student's abilities.

Methods of Teaching and Learning

Teach students the rules and regulations of the game through lectures and reinforce skills and provide instruction through drills. Games will be played in order to allow students to master the knowledge and skills they have been taught and to allow for further instruction from the teacher. Student will also be taught through outside assignments that will demonstrate their understanding of the game.

Department Objectives

All PEHR courses have the following objectives:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable.

Course Objectives

To teach students the basic rules and regulations of disc golf, while providing a fun and friendly atmosphere for them to socialize and recreate. Students will be taught the skills that are needed to compete in a basic match of disc golf and will be taught to work with other students/players in a competitive atmosphere.

Course Outline/Schedule

Week 1: Review Syllabus, lecture on rules, safety, and strategy.
Week 2: Drills for introduction and understanding of basic fundamentals pertaining to disc golf.
Week 3-Week 6: Individual play
Week 7: Skills Test (Individual play)
Week 8: Introduction of team/doubles play (best disc)
Week 9-12: Doubles play
Week 13: Skills Test (Doubles), Assignment Due
Week 14: Class Tournament
Week 15: Final Exam

Important Semester Dates:

2013 Fall Semester

Aug 19 Classwork Starts
Aug 22 Last Day to Waitlist
Aug 23 Last Day to Add Without Signature
Aug 28 Drop/Audit Fee Begins (\$10 per class)
Sep 2 Labor Day
Sep 3 \$50 Late Registration/Payment Fee
Sep 9 Pell Grant Census
Sep 9 Last Day for Refund
Sep 9 Last Day to drop without receiving a "W" grade
Sep 10 Courses dropped for non-payment
Sep 13 Last Day to Add/Audit
Oct 9 Mid-Term Grades Due
Oct 10-11 Semester Break
Oct 14 Last Day to Drop Individual Class
Oct 21 Spring and Summer 2014 class schedules available online
Nov 8 Last Day for Complete Withdrawal
Nov 11 Spring Registration open to Seniors (90+ credits)
Nov 12 Career Day
Nov 12 Spring Registration open to Juniors (60+ credits)
Nov 13 Spring Registration open to Sophomores (30+ credits)
Nov 14 Spring Registration Open to All Students
Nov 27-29 Thanksgiving Break
Dec 6 Classwork Ends
Dec 9-13 Final Exams

Institutional and Class Policies

ACADEMIC INTEGRITY: Failure to comply with academic integrity, honesty, and behavior standards of Dixie State College may result in course failure or administrative withdrawal from the class. Don't be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal.

Withdrawal for disruptive behavior policy- Disruptive behavior in class may also lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students. You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written 'warning' letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

Withdrawal from class- If you decide to withdraw from class, it is your obligation to formally do so through the registrar's office to make sure you are not still on the role for the class.

Student Support Services

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516

Important Links:

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

Tutoring: See Instructor

In case of class changes or cancelations the instructor will contact you through the email they have on file, please check your email before class to see if there is a change in class location or cancellation.

