

**Dixie State College**  
**Course Syllabus**  
**Disc Golf, PEHR 1129**  
**Spring 2013: 01/07/2013-05/03/2013**

**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-3:00pm  
Office Location: Intramural Office Phone: 879-4263 Email: dhowell@dixie.edu

**Textbooks:** None

**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>
<b>Total Points:</b>	<b>200</b>

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

<b>Grading Scale:</b>	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

## **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 are a student with a medical, psychological, or learning disability and would like accommodations, contact Sherri Dial at the Disability Resource Center (652-7516) in the Student Services center. The Disability Resource Center will determine your eligibility and determine the appropriate accommodations related to your disability.

**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.***