
York University
Kinesiology and Health Science
Course Outline
Frisbee Sports Practicum - Pkin 370

Course

Pkin 370 Frisbee Sports

Term

Fall 2023

Course Instructor

Nicole Waite

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Time and location

Section A - Tuesday and Thursday from September 7th to November 7th, no class October 10th and 12th, 9:30 – 11:00 am

Section B - Tuesday and Thursday from September 7th to November 7th, no class October 10th and 12th, 11:00 – 12:30 pm

Pkin 370 Frisbee Sports will take place on the Football Field

Course Description

This is an introduction to the techniques and skills of Frisbee and the associated games and activities. This PKin is for all, from novice to seasoned player, providing a wide variety of skills and knowledge. These include the Frisbee skills of throwing and catching, and the knowledge and experience of the Frisbee games of Ultimate, baseball, golf and more.

This will be counted as a team sport PKin.

Learning Outcomes

By the end of this course students will be able to:

1. Define the key terms used in the sport of Ultimate
2. Demonstrate the different throws and catches that can be used with a Frisbee (disc)
3. Explain the rules and participate in a game of Ultimate
4. Model behaviours consistent with the Spirit of the Game

Theory

Through oral assignments and written testing, skills and games play, participants can demonstrate an understanding of the safety, Spirit of the game, Rule of Play, Personal Behaviour and ranges of Frisbee.

Further, students will demonstrate an understanding of the protocols for organizing activities, games and tournaments including; types of Frisbees, types of games and activities of Frisbee, etc. These will be evaluated by play, oral questioning, and basic written assignments and testing.

Practical Evaluation Items

Skills

Throws: Forehand, backhand, Hammer, Scoober

Catches: One handed, Alligator (2 handed), standing and moving

Offensive and Defensive plays: Vertical and Horizontal Stacks, cuts, break mark etc

Team Play

Participation in games of Ultimate, Baseball, Golf etc

Play & Sports Honour

Participation, Spirit of the game, set up and take down of equipment

Personal responsibility, leadership, organization, personal and group skills and development etc.

Course Text/Readings

Rules of Ultimate

<https://usultimate.org/wp-content/uploads/2022/01/Official-Rules-of-Ultimate-2022-2023.pdf>

Evaluation

- Attendance and Skills Evaluation (70%)
- Assignment (10%)
- Written (20%)

Participation

In order to receive credit for practicum courses, students must attend and actively participate in a minimum of 80% of the classes for the course. Students who miss more than two classes will not pass this Pkin.

Please Note

All assignments are mandatory and must be submitted as assigned by the due date. Assignments received later than the due date will be penalized 1 letter grade per day the assignment is late. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., a doctor's note).

Students may choose to exercise the Pass/Fail option. It is the student's responsibility to notify the instructor that they wish to exercise the Pass/Fail option.

Practicum courses grading scale is A, B, C, F; or Pass/Fail.

Important Course Information for Students

All Students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage. http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm

- York's Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirements accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation