

Auburn University
Department of Kinesiology
PHED 1400 005 – Ultimate Frisbee
Fall 2012

Instructor: David Elmer
Office: COLSM 2118
Class Time: MWF 2:00 – 2:50

Email: elmerdj@auburn.edu
Office Hours: MW 10:00 – 10:50
Room: COLSM 2033

PAWP Coordinator: Jared Russell, PhD, russej3@auburn.edu

***The instructor reserves the right to make changes in policies found in this syllabus.
You will be notified of any changes that are made.

AU Bulletin listing:

PHED 1400 TEAM SPORTS (2). LEC. 1, LAB. 2. Basic concepts and physical activities associated with a specific team sport. Team sports may include, but are not limited to, volleyball, basketball and softball. Course may be repeated with change in topics.

Course Objective: To increase general physical fitness and learn the rules and techniques of ultimate frisbee.

Proper Attire: It is recommended that you wear athletic clothing, including tennis shoes, shorts, and t-shirts. The department of Kinesiology is not responsible for any valuables that are lost, stolen, or broken.

Attendance: Attendance is required and will be taken at some point during each class period.

Participation: Participation is required every class period and will factor into your grade. Enthusiasm is suggested but not required.

Quizzes/Assignments: There will be quizzes or assignments during the semester, but they will be announced ahead of time. There will be no surprise quizzes.

Course Outline:

Week 1 – 8/20/2012	Intro to course, Portals
Week 2 – 8/27/2012	Rules of the Game
Week 3 – 9/5/2012	Throwing techniques
Week 4 – 9/10/2012	Throwing techniques cont.
Week 5 – 9/17/2012	Conditioning Week
Week 6 – 9/24/2012	Catching techniques
Week 7 – 10/1/2012	Conditioning Week
Week 8 – 10/8/2012	Offensive strategies
Week 9 – 10/15/2012	Conditioning Week
Week 10 – 10/22/2012	Defensive technique

Week 11 – 10/29/2012	Defensive strategies
Week 12 – 11/5/2012	Conditioning Week
Week 13 – 11/12/2012	Trick throws/catches
Week 14 – Thanksgiving break	
Week 15 – 11/26/2012	Tournament

Grading:

Portal Assignments: 30%

Attendance: 10%

Participation: 40%

Quizzes: 20%

Grading Scale:

- >90 – A
- 80-89 – B
- 70-79 – C
- 60-69 – D
- <59 – F

Extra Credit: Extra credit may be offered at some point during the semester.

Academic honesty:

If you are suspected of plagiarizing or cheating, then appropriate action will be taken as listed in the Student Policy eHandbook. www.auburn.edu/studentpolicies

Instructions for Students

1. Log onto http://mhlearningsolutions.com/Auburn_health/login.php
2. Click on student registration
3. Complete registration information.
4. Click on PHED 1400 005 Ultimate Frisbee Fall 2012
5. On the left tool bar are 7 modules: Exercise Vocabulary, Health Benefits, The FITT principle, behavior change, preparing and recovering from exercise, my activity profile and conceptual core: ULTIMATE FRISBEE. Each module has an assessment at the end (with the exception of my activity profile) that will count towards your grade this semester.
6. The “My Activity Profile” tab allows you to set goals, log your exercise program and track your progress.
7. At the top of the page you will see section list, grades, add new course, profile and logout. Click on the grades tab to view your grades for the assessment. The profile contains your registration information. Please logout after each use.
8. Please log onto and register by 8/25/2012.

#1Physical Activity and Wellness Program (PAWP) Attendance Policy

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. At the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in up to 3% deduction from the student's final grade per absence. Once a student has accrued five (5) unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences, (excused, unexcused or a combination of the two types) will not be permitted to take the final examination and will receive a grade of FA. If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

Excused absences will be treated as follows:

- a. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University's policy concerning class attendance and excused/unexcused absences): and
- b. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor's timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor's discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University's policies concerning attendance, absences, academic honesty, and make-up work as found in the *Auburn University Student Policy eHandbook*. The URL is www.auburn.edu/studentpolicies.

#2 Accommodation Statement

"Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT)."

#3 AU eValue Dates

Course evaluations: AU eValue's Fall semester evaluation dates are:

- a. Open: November 29th, 2012 (8am)
- b. Close: December 2nd, 2012 (11:59pm)