

Health & Exercise Studies
266 Ultimate

Instructor:	Randy Bechtolt
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Office Hours:	9:30 – 10:15 M-TH; Friday 10:00-11:00 am
Course Meeting:	12:25 – 1:45 MW
Credit Hours:	One
Course Prerequisites, Corequisites:	None
Text:	Class Handouts
Meeting Locations:	Lower Miller Field or basketball court 9 for inclement weather

Course Description: Emphasis on skill development, aerobic fitness and spirit of competition. Includes flight dynamics, various throwing and catching techniques, offensive skills, defensive skills, equipment, strategies, and rules of the game.

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health & Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different HES course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

A. GEP Objectives for Courses in the Category of HES

Each course in the HES category of the GEP will provide instruction and guidance that help students to:

1. learn the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular fitness, muscular strength and endurance, muscular flexibility and body composition, and;
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle, and;
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies of physical activity and sport, and;
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

B. GEP Student/Course Learning Outcomes

Students will be able to:

1. demonstrate the health-related fitness components associated with Ultimate Frisbee including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
2. explain and apply fundamentals of health-related fitness associated with Ultimate Frisbee for developing, maintaining, and sustaining an active and healthy lifestyle.
3. demonstrate fundamental skills and techniques of various throws and catches covered in class by completing skills tests.
4. explain offensive and defensive formations and other competencies as related to Ultimate Frisbee.

5. explain the history, rules, safety, spirit and etiquette of Ultimate Frisbee.

C. Evaluation Procedure

1. Written Exam: 40%
 - a. Final Exam
2. Muscular endurance testing: 10%
 - a. Pillar/plank test:
3. Skills Testing: 50%
 - a. Distance Throw: 20%
 - b. Accuracy Throw: 30%

D. Clothing and Equipment (Modified for Fall 2015 for shirts)

1. Department policy requires students to wear **gray departmental shirt** for all activity classes. Students may obtain shirt via Carmichael Gym checkout for no charge (laundry included), OR students may purchase a departmental shirt from the NC State Bookstore. Purchase choices include men's/women's fittings in two different materials, including dri-fit.
 - It is required that students wear an appropriate athletic/running shoe. The shoes worn must be canvas-topped or soft leather-topped rubber soled shoes.
 - It is recommended for students to wear cleats. Appropriate cleats are made with nonabrasive rubber or rubber-type synthetic material, which does not chip or develop a cutting edge.
2. When cooler, it is recommended you wear something long sleeve underneath your gray PE shirt.
3. Students will wear **shorts/pants** appropriate for the activity. Fabric will be option of student; color must be primarily **red, black, or gray**.
4. **Sweats** are students' choice; no fabric restrictions. Color must be predominantly **red, black, or gray**. Students must have appropriate departmental shirt underneath sweats when/if sweats are removed.

Grading Scale

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
0 - 59.99 = F		

Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

See http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php for more information.

1. Students are expected to be in class, participating in activity, each class day. Incentive points will be awarded to students who attend and participate in every scheduled class.
- 2.

Absences	Points
0	+2
1-2	0
3	Failure

3. **Attendance recording begins the first day of the semester.**

4. Tardy two times: minus one (1) point

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to:

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

Note: The student is responsible for requesting credit only grading on MyPack Portal by the University deadline.

Requirements for Auditors: Audit students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade.

http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

Incomplete Grades: http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Late Assignments: Five points will be deducted from each assignment's final grade for first day the assignment is late. An additional two points per day will be deducted off each assignment's final grade for every day thereafter.

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://classeval.ncsu.edu/>

Student help desk: classeval@ncsu.edu

More information about ClassEval: <http://www.ncsu.edu/UPA/classeval/>

General Information:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code**: "I have neither given nor received unauthorized aid on this test or assignment." It is the understanding and expectation of the instructor that the student's signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php
2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, student must register with the Disability Services Office (<http://www.ncsu.edu/dso>) located at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation at http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php.

3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at http://www.ncsu.edu/policies/campus_environ or http://www.ncsu.edu/equal_op. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.
4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited.
7. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
8. Please turn off cell phones during class.

Testing Items

1. Accuracy test 30%
2. Distance test 20%
3. Muscular endurance test 10%

Accuracy Test

The Accuracy test consists of one student (handler) throwing the disc to a receiver starting from a cone 20 yards in front of the handler and running at an angle toward the direction of the handler. The receiver will run at a 45-degree angle from where the handler is standing. At the time of the catch, the receiver should be at least 8-10 yards away when he/she receives the disc from the handler.

The handler will throw 5 flicks and then throw 5 backhands. Each throw is worth 3 points, and is graded by accuracy of placement, disc speed and disc spin. One point is awarded for an accurate throw in each category. A total of 30 points is possible. An instructor can elect to award a half point in each category for a marginal throw.

1. Placement (one point maximum per throw) - vertically, the disc should hit somewhere from the top of the head to the waist. Horizontally, no further than an arms length on the lead shoulder.
2. Speed (one point maximum per throw) - the disc should have appropriate velocity (game condition) to avoid a defender knock down. The instructor determines this.
3. Spin (one point maximum per throw) - the disc should be rotating fast enough so that it does not wobble. The instructor determines this.

Distance Test

Each student will have 5 opportunities to throw the disc for distance. The throw that travels in the air the farthest will be the one recorded for a grade. The first point of contact on the ground that the disc makes is where it is marked for the grade. The instructor does not mark where the disc rolled or slid to.

Disc Distance Throw 20 points (Backhand or Forehand)

Male	Percentage of Points	Points	Female
70 yds +	100%	20	55 yds +
65-69	95%	19	50-54
60-64	90%	18	45-49
55-59	85%	17	40-44
50-54	80%	16	35-39
45-49	75%	15	30-34
40-44	70%	14	25-29
35-39	65%	13	20-24
21-34	60%	12	10-19
<21	0%	0	<10

Forearms Plank Test

This is a static hold to test total body endurance. The body is supported by the forearms (elbow down) and toes. The body must be in alignment, with navel to spine and glutes engaged – cervical spine in neutral. The neck/head cannot move up or down, or side to side. The feet cannot be placed against a support wall, etc.

Hold the position as long as possible, maintaining proper alignment.

Points	%	Min:Sec
10.0	100	4:00
9.5	95	3:30
9.0	90	3:00
8.5	85	2:45
8.0	80	2:30
7.5	75	2:15
7.0	70	2:00
6.5	65	1:45
6.0	60	1:30
5.5	55	1:00
0	0%	<1:00

Source: Scale is based on NC State Pilates Students from Fall 05-Spring 08 & Ultimate students from Fall 2011-Fall 2012.

Course Outline

<u>Week</u>	<u>Activity</u>	<u>Assignment</u>
Week 1	Course Syllabus, orientation, safety Proper warm-up, stretching, backhand throw mechanics, receiving disc Basketball courts 9-10 – Wednesday, Aug 19	Rules handout
Week 2	Backhand throwing drills, charge drill, introduce flick, modified 5 on 5 play	Ultimate terms handout
Week 3	Hammer throwing mechanics, Guarding and marking, team defense Modified 6 on 6 play	Handling, staking & cutting handout;
Week 4	Skills test: distance throw, Vertical Stack guidelines and cuts, 7 on 7 play	
Week 5	Skills test: accuracy throw, 7 on 7 play	
Week 6	Skills test: distance throw Second chance, 7 on 7 play	
Week 7	Skills test: accuracy throw second chance Exam review Wednesday, October 7 Room 2036	Exam review handout Written Exam
Week 8	Monday, October 12 Mini Gym	Plank Test

NOTE: Class is on lower Miller field unless inclement weather requires us to be on court #9-10.

Revised 7/25/15