



SUL ROSS
KINESIOLOGY DEPARTMENT

KES 1154 001
Disc Golf
Fall 2021

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Assistant Professor - Kinesiology

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Office Hours: MW 2-4pm TR 11-12/2-4, and F 11-1. **By appointment** (use schedulicity to set appointment)
Meeting: TR 11:00 am – 12:15 pm
Required Text: None

COURSE DESCRIPTION

Disc Golf teaches students the fundamentals and proper techniques of Disc Golf: driving, midrange play, and putting of the sport. In addition, the student will learn the fundamentals of individual competition as well as team competition. Finally, the students will develop a thorough knowledge of all aspects of this life time game.

PURPOSE OF COURSE

The purpose of this class is to “encourage students to find meaningful activities that will lead to life-long leisure pursuits”. This course requires no previous experience with disc golf. Each class will start with 5 minutes of general instruction in a particular disc golf skill, followed by a 10- or 15-minute drill focusing on the same skill. Each class will conclude with 55 minutes spent playing the complete 9-hole course. The skills we will focus on include grips, backhands, forehands, rollers, stances, putts, approaches, drives, Hyzer and Anhyzer turns, and general rules of play.

EXPECTATION OF STUDENTS

Students are responsible for keeping up with the reading and are expected to read the assigned chapters and/or other posted readings prior to class in order to contribute to online discussion. Handouts distributed through Blackboard should be kept in a notebook in order to be referred to as necessary.

Marketable Skills – The following marketable skills are met in this course:

- **Collaboration** – students will interact with one another through a multitude of class discussions and activities
- **Creativity** – students will solve challenges

COURSE OBJECTIVES:

- Students will be able to discuss the key points of the game of disc golf.
- Identify the equipment, rules, and strategies used in disc golf.
- Analyze and demonstrate the various skills and techniques of disc golf, which include stance, driving, midrange play, and putting.
- Identify the safety concerns of disc golf.
- Have Fun!

Course Format

1. It is recommended that you bring a towel so you may shower after class.
2. If you should become injured in class, report the injury to the instructor as soon as possible.
3. Dress policy. You are expected to dress properly for this class. If you do not dress out properly for class you may be considered absent and asked to leave (shorts and T-shirt suggested).
4. Tennis shoes or comfortable shoes should be worn. Sandals or flip-flops should not be worn.
5. When it rains, you are expected to attend class.
6. You may want to wear a visor or cap to protect your face and head from the sun.
7. You may want to use a sunscreen with a SPF of 30 or greater for protection.

Attendance

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time, 75% credit for being tardy. **One letter grade will be deducted for every absence after four (4).**

Program Learning Outcomes

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits (Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).
3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

GRADING POLICY

Grade calculation	% of Grade	Grading Scale
Attendance/Participation	100	90 or more A
		80 - 89 B
		70 - 79 C
		60 - 69 D
		Less than 59 F

COURSE SCHEDULE

	<u>Tuesday</u>	<u>Thursday</u>
<u>Week 1</u>	Basic rules & putting	Driving with the “power grip”
<u>Week 2</u>	Backwards stance to avoid obstacles	Advanced rules and putting
<u>Week 3</u>	Approaches using “Hyzer”	Backhand driving: arm motion
<u>Week 4</u>	“Anhyzer” drives and approaches	Driving with a forehand grip.
<u>Week 5</u>	Driving with a “backhand roller”	Driving with a “forehand roller”
<u>Week 6</u>	Long putting	Mental strategies for putting
<u>Week 7</u>	Mental strategies for driving	Disc Selection
<u>Week 8</u>	Play Course	Play Course
<u>Week 9</u>	Play Course	Play Course
<u>Week 10</u>	Play Course	Play Course
<u>Week 11</u>	Play Course	Play Course
<u>Week 12</u>	Play Course	Play Course
<u>Week 13</u>	Play Course	
<u>Week 14</u>	Play Course	
<u>Week 15</u>	Final Round	
<u>Week 16</u>	Final Exam Week – No Class	

Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student’s responsibility.

Academic Integrity Statement

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person’s work as one’s own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

Classroom Climate of Respect

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

Diversity Statement

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

Disability Statement

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Alpine Students seeking accessibility/accommodations services must contact Rebecca Greathouse Wren, LPC-S, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email rebecca.wren@sulross.edu. Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C122, Sul Ross State University, Alpine, Texas, 79832.

Library Information

The Bryan Wildenthal Memorial Library in Alpine offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires logging in with your Lobold and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).