

# Disc Golf – Syllabus

**Instructor:** Cade Watson

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**Class Meetings:** Tuesdays, 8:00 AM

**Duration:** 16 Weeks

## Course Description

This course introduces students to the fundamentals of disc golf, including rules, throwing techniques, strategies, and course etiquette. Students will gain hands-on experience by playing rounds of disc golf and participating in skill-building activities each week. The emphasis will be on fun, fitness, and developing confidence in the sport.

## Course Objectives

- Demonstrate proper throwing techniques (backhand, forehand, putting).
- Understand disc golf rules, scoring, and etiquette.
- Develop strategies for different types of throws and course layouts.
- Show improvements in consistency, accuracy, and enjoyment of the game.

## Class Schedule

**Tuesdays – Play and learn disc golf**

## Attendance & Participation (Grading)

100% of your grade is based on attendance and participation.

Students are expected to be present, on time, and actively engaged in play and practice.

More than **3 unexcused absences** may result in failure of the course.

Participation includes effort, respectful behavior, and following course rules.

## Instructor Policy

If the instructor cannot attend class, students will be notified at least **24 hours in advance**.

## Required Materials

- Comfortable athletic attire and shoes suitable for outdoor play
- Water bottle
- Discs (provided if needed, but students are encouraged to bring their own putter, mid-range, and driver)

## Expectations

- Respect for classmates, the course, and equipment is required.

- Follow disc golf etiquette: wait your turn, stay safe, and keep pace of play.
- Phones should not interfere with play.

## Tentative Weekly Outline

Week	Tuesday (Disc Golf)
1	Introduction, rules, course overview
2	Basic throws: backhand form
3	Forehand throw & short game basics
4	Putting drills & accuracy challenges
5	Playing short rounds with coaching
6	Driving technique: distance vs. accuracy
7	Mid-range strategy & shot shaping
8	Course etiquette & doubles play
9	Playing full rounds with scorekeeping
10	Advanced throwing: rollers & overhand shots
11	Wind play and disc selection
12	Tournament-style play (singles)
13	Strategy: course management
14	Doubles or team format play
15	Personal best rounds & skill review
16	Final session, course wrap-up