



KES 1134 001
Disc Golf
Fall 2026

Mr. Blair

Graduate Assistant Teacher - Kinesiology

Office: Grace-Pierce building
Phone: 432/837-8
Email: Qxb20rc@sulross.edu
Office Hours: Monday -Thursday 9:30 Am to 12 Pm
By appointment (email to set an appointment)
Meeting: TR 8:00 am – 8:50 am
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

Commented [HC1]: @Welpert, Ali @Moody, Shanna Here is the syllabus template for you to use. @Ray, Billy

- **Communication –**
- **Critical Thinking –**
- **Career Management –**
- **Creativity -**

COURSE OBJECTIVES: Students will be able to:

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).**

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

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	

Distance Education Statement

Students enrolled in distance education courses have equal access to the university’s academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students’ identities and to protect students’ information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

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

Academic dishonesty hurts everyone and reduces the value of college degrees. Doing someone else’s work, presenting the ideas and work of others as your own, submitting the same paper for multiple classes, and/or failing to cite your sources when you utilize the ideas of others, are all examples of academic dishonesty. It is your responsibility to read and understand the university’s policy on academic dishonesty in the SRSU Student Handbook, as all violations will be taken seriously and handled through the appropriate university process. The Student Handbook can be found at: <https://www.sulross.edu/page/2454/student-handbook> (page 80).

In addition, please note that plagiarism detection software will be used in this class for written assignments, as well as monitoring software for course exams.

Academic Civility Statement

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

ADA Statement

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. Students with qualifying disabilities who seek accommodations must initiate a request for a meeting for accessibility services. Students seeking accessibility services must contact Rebecca Greathouse Wren, M.Ed., LPC-S, Counseling & Accessibility Services, Telephone: 432-837-8203, or E-mail: rebecca.wren@sulross.edu. For more information see: <https://www.sulross.edu/page/1384/accessibility-services>