College of Charleston
PEAC 120-10 Ultimate & Disc Golf

Fall 2017  2 Semester Hours

Time & Place:  1:00- 4:00 pm Wednesday’s, First Meeting Silcox - Room 115

Instructor:    Mr. Hal Cauthen ‘92, M.Ed.

Office Located:  Silcox Center, Room 212

Office Phone:  843-532-7272 email: Hfcauthe@cofc.edu

Office Hours:  Times are available by appointment.

Prerequisites:  None


Course Description:
This course will provide students with the necessary knowledge, skills and abilities required to compete in Disc Golf and Ultimate Disc. Content related to the importance of pursuing lifetime physical activity will also be covered in this activity-based class.

Course Content:
Resources for rules and history will be made available on OAKS.

Course Objectives: Competencies within the course should prepare students:
1. To develop and improve on basic skills in disc golf by lecture, viewing instructional videos, participating in drills, and competitive activities,
2. To provide a basic knowledge and understanding of the rules and strategies of disc golf through reading, lecture, and application in competitive play.
3. To develop an enjoyment of the activities providing an opportunity for physical fitness through life-long participation.

Student Learning Objectives: Upon successful completion of PEAC 120: Disc Golf, students will be able to:
1. Select a driver and throw for a distance of 100 to 120 feet in a reasonably straight manner as defined by cone markings,
2. Demonstrate the proper way to putt from a distance of 10 to 15 feet.
3. Play and complete a round of 9 holes demonstrating proper scoring and adherence to rules.
4. Demonstrate the rules associated with playing a game of Ultimate Disc.

Description of Projects:

Written Exams  There will be a separate exam on Disc Golf and Ultimate Disc administered on the last day of each unit using the Quiz function on OAKS. The exam will cover techniques, history, rules, and strategy/critical thinking for Disc Golf and Ultimate Disc.

Skills – Students will be given a copy of each skill test at the beginning of each unit along with a rubric detailing how each test will be graded. Skill practice is essential for proper development. Effort and technique will be assessed daily with feedback given individually.

Tournaments – This instructor feels passionate about the importance of attending and participating in activity classes. Tournaments allow students to utilize techniques and skills while engaging in critical
thinking. Prior to each throw students must consider a variety of elements related to course design, weather, equipment, etc… and plan and execute a strategy. Disc Golf and ultimate are amazing ways to incorporate critical thinking. Just because you are having fun does not mean you are not working hard mentally!

**Written Report** - Students will write a classic five-paragraph essay on a health or fitness-related issue or on a topic related to either Ultimate Disc or Disc Golf. The Report must be a minimum of 2 typed pages with a separate title and reference page. The report must reference at least 2 sources, one of which must be from a peer-reviewed journal article. Students must adhere to one of the following styles of formatting: National Library of Medicine, American Psychological Association, or Modern Language Association.

A summary of the student’s report will be posted on the appropriate Discussion Board on OAKS using the following format:

**Sample Topic**

Use the first sentence to provide the reader with background. Then:

- list the most significant contribution
- perhaps include an additional contribution, impact or interesting fact
- include a relevant fact and/or accomplishment that distinguishes your person

Use this sentence to connect the figure with the profession provide a summary of her or his overall significance.

**For Example:**

Otto Meyerhof

Otto Meyerhof (1884-1951) was a German biochemist that studied muscle oxidation methods.1, 2

- Discovered that lactic acid can be reconverted to carbohydrates in the presence of oxygen and there is a direct relationship between the oxygen consumption and the metabolism of lactic acid.2
- Discovered that phosphorylated compounds can give muscles a lot of energy.2
- Along with A.V. Hill he was awarded the Nobel Prize for Physiology or Medicine for 1922 because of his lactic acid metabolism discovery.1

Otto Meyerhof worked tirelessly in his life even through both world wars to find ways muscles use energy and his work is the basis of what we understand about how cells work.


A rubric will be provided detailing the specific requirements for this assignment.

**Participation** – Attending class, warming-up properly, engaging in learning activities fully and showing respect to classmates is extremely important and is expected in this class. Points will be awarded for attendance, punctuality/warm-up, participation, and student conduct.

In order to maximize learning students must attend class to practice and play. Each student may miss one class without losing points UNLESS those absences occur on a tournament day. After the 1st absence, 25 points will be deducted for each additional absence. If a student misses a tournament day, he/she will not
receive the assigned points. Use the one cut wisely; life happens. Understand students will not receive additional cuts for “excused” absences. All absences are viewed the same. If a student falls ill or is injured, a medical withdrawal is encouraged.

Coming to class on time is imperative. Taking time to warm-up and review technique enhances learning, play and helps to reduce the risk of injury. 10 points will be deducted each time a student enters class late. 15 points will be lost for being late by 10 minutes or more.

Using one’s phone in class will result in a 15-point deduction for each occurrence. Coming to class dressed improperly will result in a 15-point deduction per occurrence. Displaying unsportsmanlike conduct, which includes, but is not limited to, the use of profanity will result in a 15-point deduction per occurrence.

Criteria for Evaluation:

- Written Exam Ultimate 50 pts
- Written Exam Disc Golf 50 pts
- Skills Ultimate 50 pts
- Skills Disc Golf 50 pts
- Written Report 50 pts
- Participation
  - Attendance, Punctuality, Sportsmanship 100 pts
  - Daily Skills and Objectives 50 pts
- Tournaments 200 pts

Total 600 pts

Grading Scale:

A = 93-100%  
A- = 90-92%  
B+ = 88-89%  
B = 83%-87%  
B- = 80-82%  
C+ = 78-79%  
C = 74-77%  
C- = 72-73%  
D+ = 70-71%  
D = 68-69%  
D- = 66-67%  
F = < 66%

Make-up Tests: No make-ups will be given. Skills are accessed periodically during 2-day periods. If a student is absent both days no skill make-ups will be granted.

Attendance: Attendance in an activity-based class is critical. Missing class during a tournament will result in a loss of points for that tournament or tournament round. For one-day tournaments this means students will lose 100% of tournament points. Missing class during multi-day tournaments will result in a loss of 25 points per day. Missing the final day of a multi-day tournament will result in the loss of 30 points. Missing more than one (1) class is not advised.

Punctuality: Students are expected to be on time each class. After the first tardy, students will receive a 10-point loss for each tardy up to 10 minutes and a 15-point deduction for tardies in excess of 10 minutes.

Texting: This instructor fully supports the College’s Student Code of Conduct. All cellular devices must be turned off prior to class. Texting in class or checking one’s phone will result in a 15-point per occurrence reduction in one’s Participation grade.

Proper Attire: Students must dress appropriately which includes athletic attire. Jeans and other long pants that are not designed for athletics are not allowed. Proper shoes are essential. Boat shoes similar to Docksiders are not designed for lateral movement, nor are flip-flops and/or sandals. Students without proper attire will not be allowed to participate and will lose 15 points for that day in addition to tournament, small-group or skill assessment points when applicable.
**Honor System:** Students must do their own work. Please see the current edition of the Student Handbook (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class.

Please refer to the applicable sections of the College’s [Student Code of Conduct](#). Relevant portions from the Code are found below.

### 35. Classroom Code of Conduct

“Published by the President’s Advisory Committee in cooperation with the Office of the President.”

1. While there are many informal situations in which people have neither the desire nor the right to prescribe how others ought to behave, a college classroom requires a higher level of courtesy than many people exercise in ordinary public space. Everyone in a classroom is there for the purpose of learning, and no one should be able to deprive another person of the chance to learn. Expressions of rudeness and even of carelessness degrade the high purpose of learning that should be paramount in a college classroom. Your professor expects that you as a student:

1.1 Will be attentive and courteous during class.
1.2 Will complete the assigned work according to the course schedule.
1.3 Will do all your own work and will not present anyone else’s work as your own.

2. **Some More Specific Principles of Civil Conduct in a College Classroom:**

1. **2.1** Do not cut classes, come in late, or leave early. If you ever are late for class, enter in complete silence and do not walk between the class and the professor. Never leave during class unless you absolutely must. Leaving for a short break and then returning is not acceptable. The professor is not a TV set, but is a person addressing the class, and it is rude to leave when someone is addressing you.
2. **2.2** Likewise, it is rude and unacceptable to talk with classmates while the professor (or another student who has the floor) is talking.
3. **2.3** Turn off cell phones and all other prohibited electronic devices.
4. **2.4** Eating or drinking are not acceptable during class.
5. **2.5** Wearing a hat that conceals your face is rude because the person who is addressing you cannot see you.

### 36. Administrative Regulations

1. **Class Absences and Student Health Services**

Students who have been evaluated by a clinician at Student Health Services and for whom it has been determined that the student should not attend class, will receive an “Absence Memo Request” form to complete. This form will be signed by the licensed clinician and faxed to the Director of Absence Memo. Students who have managed their own illness may complete a separate “Absence Memo Request” which will include a brief description of their medical condition. These forms can be found at the Absence Memo office and online at [http://studentaffairs.cofc.edu/about/services/absence.php](http://studentaffairs.cofc.edu/about/services/absence.php). They can be faxed to the Director. Students who have received treatment through other sources should bring that documentation to the Director of Absence Memo (67 George Street). The Director will e-mail the student’s instructors regarding the absence. If there is a difficulty, the Director or his/her designee will attempt to reach the student through College of Charleston email. Ultimately, the decision to excuse the student from class can only be made by the faculty.
Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will be handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed by both the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board. 

Students should be aware that unauthorized collaboration—working together without permission—is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, *no collaboration during the completion of the assignment is permitted*. Other forms of cheating include possessing or using an unauthorized study aid (which could include accessing information stored on a cell phone), copying from others’ exams, fabricating data, and giving unauthorized assistance.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.

Students can find the complete Honor Code and all related processes in the *Student Handbook* at [http://www.cofc.edu/generaldocuments/handbook.pdf](http://www.cofc.edu/generaldocuments/handbook.pdf)

This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the *Center of Disability Services*, (843) 953-1431 or me so that such accommodation may be arranged.

**Classroom Code of Conduct:** Code language that guides our responses to classroom disruption can be found in the Student Handbook: A Guide to Civil and Honorable Conduct.

The Student Code of Conduct specifically forbids

Disruption or obstruction of teaching, research, administration, disciplinary proceedings, other college activities, including its public service functions on or off campus, or other authorized non-college activities when the act occurs on college premises.

**The Classroom Code of Conduct** (from the President's Advisory Committee) covers specific principles of civil conduct expected in a college classroom:

- Do not cut classes, come in late or leave early.
- Never leave during class unless you absolutely must. Leaving for a short break and then returning is not acceptable.
- Turn off cell phones, pagers and all other electronic devices.
- It is rude and unacceptable to talk with classmates while the professor (or another student who has the floor) is talking.
- Visible and noisy signs of restlessness are rude as well as disruptive to others.
- Student Handbook
This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.

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**Ultimate and Disc Golf**  
**Tentative Class Schedule**

<table>
<thead>
<tr>
<th>Week</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1</td>
<td>Policies, Procedures, Ultimate Disc Safety, Rules, Field Dimensions</td>
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<tr>
<td>2</td>
<td>Ultimate Safety, Rules, Forehand, Backhand, Scoring</td>
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<tr>
<td>3</td>
<td>Defense Zone; Marking One-Up</td>
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<td>4</td>
<td>Ultimate Skills Challenge</td>
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<tr>
<td>5</td>
<td>5 Person Round Robin</td>
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<td>6</td>
<td>Ultimate Team Tournament</td>
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<tr>
<td>7</td>
<td>Skills Test, Open Games and Written Test</td>
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<tr>
<td>8</td>
<td>Disc Golf History, Safety, Rules, Equipment</td>
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<tr>
<td>9</td>
<td>Proper Warm-Up, Course Management, Drives Rules Review, Putting</td>
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<tr>
<td>10</td>
<td>Mid-Range Alternative Shots</td>
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<tr>
<td>11</td>
<td>Singles Ladder Tournament</td>
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<td>12</td>
<td>Partner Challenge Tournament</td>
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<tr>
<td>13</td>
<td>Skills Challenge, Ultimate Disc Golf Fitness Challenge</td>
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<tr>
<td>14</td>
<td>Final Team Tournament, Skills Test, Unit Test</td>
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