

Health and Physical Education 109-102-MQ Section 39 THURSDAY 12:00 p.m.- 2:00 p.m.(Weighting: 0-2-1)

PHYSICAL ACTIVITY AND EFFECTIVENESS – ULTIMATE FRISBEE

1) TEACHER INFORMATION Tim Miller

Office Hours:

MONDAY: 10:00-12:00

TUESDAY: 2:00-3:30

THURSDAY: 2:00-3:30

FRIDAY: 11:00-12:00

Office: 3H.11

Phone: 514-931-8731, local 5410

Email: tmiller@dawsoncollege.qc.ca OR MIO

Emails will be returned within 2 working days

2) COURSE MANAGEMENT SYSTEM

Click on “My Dawson” on the Dawson College website (dawsoncollege.qc.ca).

Log in: Student ID #

Password: This is the PIN number given to you when you were accepted to Dawson. It is also available from the records office (2D.6) if you have a valid student ID card. Once logged in you should change this to a personalized password.

You may access your courses, including documents, announcements or grades under “My Online Classroom” on the left side of the page. You may also send and receive messages via MIO (Messages in Omnivox).

3) COURSE OBJECTIVE

3.1 Course Description

This course is designed to provide you with the knowledge and tools necessary to be an effective learner of skills and a successful participant in the sport of Ultimate Frisbee. You will be expected to analyse the factors which contribute to the acquisition of ultimate frisbee. You will conduct a personal assessment of your knowledge and abilities establish personal goals and plan a strategy leading to the improvement of those skills. The ultimate goal is for you to establish a sense of personal responsibility for learning, which will encourage continued participation in a physical activity.

3.2 Course Content

In this course you will;

- Assess current abilities and attitudes relative to optimal performance including the:
 - physical aspects
 - cognitive / attitudinal aspects
 - technical / tactical aspects
- Set personal goals relative to your abilities, needs and personal expectations
- Identify and implement strategies for success, using an individual decision-making approach, including:
 - progressions or strategies for technical improvement
 - motivational strategies
 - safety considerations
 - evaluation strategies
- Demonstrate improvement in abilities and attitudes towards the activity

3.3 Course Competency

The main objective of this course is to improve effectiveness while practicing Ultimate Frisbee.

3.4 Course Competency Elements

<p>1. To plan an approach leading to improved effectiveness in a physical activity.</p>	<ul style="list-style-type: none"> • Initial assessment of abilities and attitudes when practicing a physical activity. • Statement of expectations and needs with respect to the ability to practice the activity • Appropriate formulation of personal objectives. • Appropriate choice of the means to achieve the objectives. • Use of clear arguments to explain the choice of physical activity.
<p>2. To use an approach leading to improved effectiveness in a physical activity.</p>	<ul style="list-style-type: none"> • Respect for the rules of the physical activity. • Respect for the rules of ethics and safety regulations. • Appropriate use of the quantitative and qualitative physical evaluation strategies of motor skills. • Periodic statement of abilities and attitudes when practicing a physical activity. • Meaningful interpretation of progress achieved and the difficulties experienced during the physical activity. • Pertinent, periodic and proper adjustments of objectives or means. • Appreciable improvement of motor skills, techniques or complex strategies required by the physical activity.

4) EVALUATION OF COURSE COMPETENCY ELEMENTS

Assessment Item	Competencies	Week Due	Value
Assignment #1 – Analysis of the activity	1	4	15%
Assignment #2 – Development of an Action Plan	1	7	15%
Assignment #3 – Log Implementation and monitor of the plan	2	8,9,10	5%
Assignment #4 – Evaluation and modification of the plan	2	12	15%
Application of rules, safety and effective workout procedures	1,2	Every class	30%
Ultimate Frisbee game reflections	1,2,3	Week 4 and 12	10%
Quiz	2	13	10%

Student grades will be available under “My Online Classroom” on the “My Dawson” portal, described in section 2

Attendance Requirement

The minimum number of class hours in which students must actively participate in order to achieve the course competencies is 26. This attendance requirement overrides other grades achieved in the evaluation section. If the attendance requirement is not achieved, the student will receive a failing grade. Non-attendance for any reason, including medical issues and religious holidays, is considered an absence

4.1 Evaluation Policy

A minimum final grade of 60% is required to pass this course. However, students must demonstrate a satisfactory understanding **(60%) of each element of competency in order to receive a passing grade for the course**. The maximum possible course grade that can be achieved when the following conditions are not satisfied will be 50%.

- Attendance requirement – see Attendance Policy 4.6

4.2 Class Participation criteria

You are expected to participate at 100% effort every class. Participation grades are given each week and are earned through hard work and completing tasks given. Self-evaluations will be conducted and used towards participation grade.

4.3 Required format for assignment submission

You will be required to hand in assignments typed and stapled (unless otherwise indicated).

4.4 Re-submission Policy

If a student fails a written assignment that would result in failing an element of competency, the student may resubmit work. The number of allowable resubmissions and the grade assigned to resubmissions is at the discretion of the teacher. For this course, all resubmissions are final. All resubmissions must be received within the pre-determined time limit.

4.5 Late Assignment Policy

Assignments are due at the start of the class on the date due. Marks will be deducted for late assignments; 10% each weekday will be deducted from the grade on the assignment. Assignments that are over 1 week late will not be accepted.

4.6 Attendance Policy

4.6.1 Required Hours:

Attendance is compulsory for Physical Education classes. The minimum number of class hours in which students must actively participate in order to achieve the course competencies is 26. Equivalently a student who misses more than 4 hours of their course is not entitled to receive a passing grade. This attendance requirement overrides other grades achieved in the evaluation section. **If the attendance requirement is not achieved, the student will receive a failing grade of 50%.** Non-attendance for any reason, including medical issues and religious holidays, is considered an absence. It is the student's responsibility to verify her/his attendance in each class.

4.6.2 Class Make-up Policy:

Students who, for valid reasons, cannot fulfill the minimum attendance requirement may, at the discretion of the teacher, be eligible for a make-up class. Students should contact the teacher before or immediately following the absence. It is the student's responsibility to fulfill the requirements of the alternate arrangement.

4.6.2 Lateness Policy:

Lateness is defined as not being present, dressed to participate at the beginning of the class. Lateness is a component of attendance and chronic lateness may lead to failure. **ALL** late arrivals will be recorded; every 60 minutes of missed time will reflect one absence

5) REFERENCE MATERIALS

COURSEPACK – available in bookstore - BLUE

OTHER

- Writing utensil and folder
- Proper workout clothes mandatory t-shirts (no tank tops/beaters), shorts, or sweat pants, running shoes) are required for each class. Admission to class will be denied if proper attire is not presented.
- Cell phones, music devices, bags, purses and/or other personal items must be kept outside the activity area
- At the beginning of the semester, students should inform the teacher of any chronic medical problems that may affect their performance in the course.

6) LEARNING ACTIVITIES

6.1 Description of learning activities and teaching methods

In order to learn effectively, you need to actively engage yourself in the group discussions, lectures, readings, research, self-analyses, personal reflections, and activity sessions. This is best done by trying to relate what you are learning to something with which you are already familiar, accommodating new ideas and spending time (especially right after class) reflecting on the ideas presented in class.

6.2 Tentative Schedule of Course Content

CLASS ACTIVITY	LEARNING ACTIVITIES	HOMEWORK/Assignments
1) Introduction	Course Outline	Purchase coursepack
2) Introduction to Ultimate Basic Skills – Mental, Physical, Tactical and Attitude RULES	In class assessment of current technical and attitudinal status	Assignment #1 Search for ultimate game video
3) Basic skills - Throwing Backhand and forehand RULES	In class assessment of current technical and attitudinal status Throwing drills Fitness training for Ultimate	Assignment #1
4) Basic Skills - Catching One hand and two hand RULES	Throwing and catching drills	Assignment #1 due Ultimate game reflection part 1 due
5) Basic Skills - Passing and movement	Passing and movement drills	Assignment #2
6) Basic Skills - Offensive team formations Spirit of the game	Offensive drills	Assignment #2
7) Basic Skills - Defensive team formations Spirit of the game	Defensive drills	Assignment #2 due
8) Advanced Skills – Throwing and Catching	Skill development drills Advance throwing and catching drills	Assignment #3 in-class
9) Advanced Skills – Offensive and Defensive team formations	Skill development drills Advanced Offensive and Defensive drills	Assignment #3 in-class
10) Teamwork and Positions	Skill development drills Teamwork and Positions	Assignment #3 in-class due
11) Teamwork and Positions	In class assessment of current technical and attitudinal status	Assignment #4
12) Tournaments	TOURNAMENT	Assignment #4 due Ultimate game reflection part 2 due
13) QUIZ and Tournament	TOURNAMENT	n/a
14) Review of quiz	TOURNAMENT	n/a
15) Wrap up	TOURNAMENT	n/a

7.1 ISEP Statement

“The Institutional Student Evaluation Policy (ISEP) is designed to promote equitable and effective evaluation of student learning and is therefore a crucial policy to read and understand. The policy describes the rights and obligations of students, faculty, departments, programs, and the College administration with regards to evaluation in all your courses, including grade reviews and resolution of academic grievance. ISEP is available on the Dawson website”.

7.2 Student Conduct

“Everyone has the right to a safe and non-violent environment. Students are obliged to conduct themselves as stated in the Student Code of Conduct and in the ISEP section on the roles and responsibilities of students” (ISEP section II – D).

7.3 Attendance Policy

“Students should refer to the Institutional Student Evaluation Policy (Section III-C) regarding attendance”, and course outline section 4.6.

7.4 Policy on Religious Observances

“Students who intend to observe religious holidays, must inform their teachers in writing as prescribed in the ISEP Policy on Religious Observances” (ISEP Section III-C) (i.e., within the first two weeks of each semester) so that alternate arrangements can be made at the earliest opportunity. Students who make these advance arrangements will not be penalized for their absence, however, it must be emphasized that this policy should not be interpreted to mean that a student could receive credit for work not performed. These religious commitments do not justify missing more than 4 hours of class (see attendance requirement).

7.5 Intensive Course Conflicts

“If a student is attending an intensive course, the student must inform the teacher, within the first two weeks of class, of the specific dates of any anticipated absences.”

7.6 Authorized Course Drop

A situation may arise during the semester, after the official course drop deadline, which makes it impossible for a student to fulfill the attendance requirement of the physical education course. In situations which prevent the student from attending classes for three consecutive classes, it may be possible to drop a course by applying to the registrar for an authorized absence (IN). Supporting documentation from an independent medical professional must be submitted as part of the student’s request and it is up to the registrar to decide whether to grant the student’s request based on criteria provided by MELS. Situations other than medical will also be considered in exceptional cases for grave and serious reasons. Students should submit the request by the last day of classes but all information and requirements related to authorized absence should be verified with the registrar’s office (2D.6) as soon as possible. Students who have withdrawn from a course in this manner must still complete the required three courses and these courses remain on their official transcript with the appropriate notation.

7.7 Academic Integrity Policy

Cheating and plagiarism are serious academic offences. Students who engage in an act of cheating or plagiarism (either copying someone’s work or allowing their work to be copied) will be penalised. Expulsion from the college, failure of the course, 0 grade for the assignment, mark penalties, extra work, etc. are all possible outcomes depending on the specific details of the offence and the decision rendered by the Dean, who receives reports of all cheating / plagiarism incidents affecting a student’s mark. “According to the ISEP, the teacher is required to report to the Sector Dean all cases of cheating and plagiarism affecting a student’s grade”. (ISEP Section IV-C)

7.8 Literacy Standards

Literacy is a component of success in all areas of curriculum. Grades on all oral and written assignments as well as theoretical exams will reflect your ability to comprehend and properly use English. The teacher has the right to deduct marks from or not accept work with improper use of English.

8) OTHER

8.1 Student Medical Issues

At the beginning of the semester, students should inform the teacher of any chronic medical problems that may affect their performance in the course.

8.2 Facility Procedures (PARC)

Students are required to have all personal items in the locker rooms located beside the PARC control centre. Locks may be purchased/rented from the PARC desk or bring a lock.

IN ORDER TO SUCCEED...

BRING TEXTBOOK, FOLDER, WRITING UTENSIL EVERY CLASS!!

**PROPER WORKOUT CLOTHES ARE MANDATORY – SHORTS, SWEAT PANTS,
RUNNING SHOES (NO TANK TOPS).**

NO CELL PHONES, IPODS, ITOUCHES, IPADS, ETC.

NO BAGS, COATS, PURSES, ETC.

BE ON TIME READY TO WORKOUT. WORK HARD AND PUSH YOURSELF!

EAT HEALTHY MEAL OR SNACK AT LEAST 1 HOUR BEFORE CLASS.

COMMUNICATE – WITH STUDENTS & TEACHER.

STUDY AND COMPLETE HOMEWORK AFTER CLASS.

HAVE FUN!!