

PE 141A : Disc Golf

Provides disc golf instruction in skills, drills and game play. Emphasizes history, etiquette, rules, vocabulary and strategy. Promotes skill related components of physical fitness (agility, balance, coordination, power, speed and reaction time).

Students will play at nearby parks, to be determined. Will need to bring 3 discs (driver, mid-range disc and a putter.)

Credits 1

Subject

Physical Education

Course Outcomes

Upon completion of the course students should be able to:

- Improve overall physical conditioning through participation in disc golf including but not limited to skill-related fitness.
- Perform safe and effective skills and techniques for disc golf.
- Apply knowledge of rules and scoring when playing disc golf.
- Develop a lifelong fitness health and wellness program that incorporates disc golf.