

South Plains College
Department of Kinesiology
KINE 1127
Disc Golf

Instructor: Sean Bingham
Office: Kinesiology Building #106
Office Hours: T/TH 9:15 am-11:00 am
& Friday 9 am-12 pm

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Email: sbingham@southplainscollege.edu
Text: Will set up Remind app text messages

Purpose: Students will develop a foundational understanding of the essential skills, principles, and terminology associated with disc golf, including insights into selecting and utilizing specific discs based on situational needs. This course aims to foster a commitment to lifelong physical fitness as a key component of a healthy lifestyle.

REMIND APP – I will use the REMIND APP in this course as another means of communication. You do not need to download the app for this to work. To sign up for this tool, you need to text this number **81010** and send the following code as the text message **@kine1127dg**. You will receive a response confirming your registration. This is just another option to communicate with me if you choose to use it.

Outcomes:

1. Students will understand the rules and principles of disc golf
2. Students will understand how to read and use a disc golf course
3. Students will demonstrate the ability to respect and use manners while on the course and interacting with other players
4. Students will demonstrate the ability to monitor and adjust during game situations.
5. Students will demonstrate how to properly and effectively use a different disc

Course Requirements:

- Text: None
- Comfortable/ non-restrictive clothing and appropriate footwear. Students need to wash their clothes regularly.
- Positive attitude
- Willingness to follow instruction
- Participation in all class activities

I. Grading Policy

Final grades will be determined as follows:

- | | |
|--|------------------|
| • Attendance/Participation @ 3 points each day | 100 points |
| • Tests | 10 points |
| • <u>Final Exam</u> | <u>10 points</u> |

TOTAL	120 points
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Total: 100 points

Final Grade	Point Percentage	Point Total
A	90-100%	108 - 120
B	80-89%	96 - 108
C	70-79%	84 - 95
D	60-69%	72 - 83
F	Below 60%	Below 71

A. Attendance/ participation (refer to the attendance policy)

(These are subjective evaluations of the instructor)

- Attendance Records (by the instructor)
- Appropriate intensity
- Following instruction
- Proper dress

B. Tests

- Tests given will cover the syllabus, text, lectures, and various articles and videos.

D. Post-Physical Fitness Test

- Complete all exercises and compare them to your pretest.

II. Attendance Policy:

- There are NO excused absences! All absences are equal. (Absence = 0 participation points)
- Non-participating notation—NP—will be recorded if a student is unable to participate but does attend class. However, 2 NPs = 1 ABSENCE. There is a LIMIT of 2 NPs per semester. NPs are for illness only. (If you have any reason that prevents you from participating for an extended period, you need to withdraw from the course.)
- Be on time for class! Class begins at the exact time listed on your schedule.
- 3 TARDIES = 1 ABSENCE. The same rules apply when a student LEAVES CLASS EARLY.

III. Additional Information:

- Please bring water to keep hydrated
- We do not provide towels.
- No cell phones!
- Do not eat a heavy meal before class.
- Use the restroom before class.
- Hats are allowed.

Please note: This syllabus is subject to change at the instructor's discretion at any point during the semester.

IV. Course Syllabus Statement

<https://www.southplainscollege.edu/syllabusstatements/>

V. Covid Information

<https://www.southplainscollege.edu/emergency/covid19-faq.php>