

# Disc Golf (Experimental)

(H&PE 188)  
**Fall 2014**

**What am I doing here?** As with all Phys-Ed courses, 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 at Geneseo. The skills we will focus on include grips, backhands, forehands, rollers, stances, putts, approaches, drives, Hyzer and Anhyzer turns, and general rules of play.

This course only meets for the first half of the semester. Our last meeting will be October 15, 2014 (just after fall break).

**How will I be graded?** This course is “pass/fail”, which means your grade will be either Satisfactory (S), or Unsatisfactory (U). Your grade is based on attendance and punctuality. You may miss one class without penalty. If you miss more than one class, your grade will be “U”. However, there will be occasional make-up classes (some Friday or Saturday options) where you will have a chance to recover a missed class. The make-up schedule will be tailored to *my* availability, not yours. So, there is no guarantee that any make-up classes that are convenient to your schedule will even exist. Additionally, punctuality will factor into your grade. Each time you arrive late, I will add your number of late minutes to your semester “lateness” total (using the US Atomic Clock). Whenever your “lateness” total reaches 25 minutes for the semester, then it will count as a missed class (and your lateness total will be reset to zero).

**What do I have to buy?** You must purchase and bring to every class at least 4 discs. Roughly speaking, you need to get at least one putter, one approach disc, one fairway driver, and one mini-marker disc. However, I encourage you to get a second (longer distance) driver as well. The web site for the course lists some suggestions and purchasing options for discs in these categories. Getting the basic 4 discs will cost you somewhere between \$26 and \$50, depending on the choices you make in each category. Every disc that you use must carry your unique “mark” (for example, your name, written using a permanent marker) on either the top or bottom surface. This includes your mini-marker disc.

**What about rainy days?** On rainy days, we meet indoors in the gym. I expect to have a single disc golf target available for us to share. On those days, we’ll practice putting and approaching more extensively, since there won’t be room for longer drives.

**Where can I see the official rules?** The Professional Disc Golf Association (PDGA) website has many resources, including how to find local courses, advice on throwing, etc. The rules are here:

<http://www.pdga.com/rules/official-rules-disc-golf>



**What skills will we be working on?** Here is a tentative schedule of the skills we'll focus on:

<b>Weekday</b>	<b>Date</b>	<b>Focus Topic</b>
Monday	Aug. 25	Basic rules & putting
Wednesday	Aug. 27	Driving with the "power grip"
Monday	Sep. 1	No class: Labor Day
Wednesday	Sep. 3	Advanced rules and putting
Monday	Sep. 8	Backwards stance to avoid obstacles
Wednesday	Sep. 10	Approaches using "Hyzer"
Monday	Sep. 15	Backhand driving: arm motion
Wednesday	Sep. 17	"Anhyzer" drives and approaches
Monday	Sep. 22	Driving with a forehand grip.
Wednesday	Sep. 24	Driving with a "backhand roller"
Monday	Sep. 29	Driving with a "forehand roller"
Wednesday	Oct. 1	Long putting
Monday	Oct. 6	Mental strategies for putting
Wednesday	Oct. 8	Mental strategies for driving
Monday	Oct. 13	No class: Fall Break
Wednesday	Oct. 15	Disc Selection