

HHPA 121 : DISC GOLF

Transcript title

Disc Golf

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Learn and play the lifetime sport of disc golf while building fitness, coordination, and strategy. Students develop fundamental throwing techniques (backhand, forehand, putting), rules and safety, course etiquette, shot selection, and basic course navigation. Repeatable for credit.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Explain the rules and etiquette of disc golf.
3. Engage in skill development, safety practices, and fundamentals of disc golf to develop overall physical well-being and enhancement of personal lifestyle.
4. Describe the following categories of discs: putters, mid-ranges, fairway drivers, and distance drivers.
5. Demonstrate basic golf skills such as selecting the proper disc, throwing different shots including anhyzers, hyzers, and putts.
6. Demonstrate proper form for various disc golf skills.

Content outline

1. Putting
2. Backhand approaches
3. Forehand approaches
4. Backhand drives
5. Forehand drives
6. Perfecting angles
7. Adding speed
8. Strategy

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health