COURSE FEE
Course fees is used for equipment updates.

COURSE OVERVIEW
This course is designed to enhance each student’s skills and abilities in ultimate frisbee. Emphasis will be placed on cardiovascular and muscular fitness. This course is progressive, the intensity increases as the individual improves abilities.

COURSE OBJECTIVES
1. Improve throwing skills.
2. Improve cardiovascular endurance.
3. Improve muscular tone.
4. Gain skills that will enhance enjoyment and knowledge about the game of ultimate frisbee.

EQUIPMENT
Spikes are **NOT** allowed. Cleats are encouraged.

GRADING AND EVALUATION
Anyone with more than three (3) absences will fail. The class is graded on a Pass/Fail basis. Each student will be evaluated on attendance and participation. Up to three absences can be made up.

OTHER
If you experience any of the following symptoms, stop all activity and alert your instructor.
*Lightheaded/Dizziness*  *Chest Pain/Tightness*  *Nausea*
*Trouble Breathing*  *Allergic Reactions*  *Fatigue*

**DO NOT SEEK PRIVACY**

NOTICE
Students with ADA-documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, (435)797-2444 voice, (435)797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.

*Students MUST sign the Release Form on Canvas – BEFORE they can participate!*