

## ES-189 : Ultimate Frisbee

This course will introduce students to Ultimate Frisbee, a growing sport that combines many aspects of football, soccer and basketball. Instruction will include rules of the game, development of individual skills (throwing, catching and defensive technique) and team strategy. Students will participate in small-scale drills that develop individual technique and team strategy, as well as team game play. FILA general education: ES activity.

**Credits** 1

**Term Offered**

Fall Only

**Session Cycle**

F