

**Course Outline**

**COURSE:** ATH 42                      **DIVISION:** 40                      **ALSO LISTED AS:**

**TERM EFFECTIVE:** Fall 2015                      **CURRICULUM APPROVAL DATE:** 03/23/2015

**SHORT TITLE:** INTERCOLLEGIATE FOOTBALL

**LONG TITLE:** Intercollegiate Football

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2.5 TO 3	18	Lecture:	0	0
		Lab:	7.5 TO 10	135 TO 180
		Other:	0	0
		Total:	7.5 TO 10	135 TO 180

**COURSE DESCRIPTION:**

This course provides practice and competition in intercollegiate football. Before participating, students must have completed a physical exam and their athletic eligibility paperwork. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

- L - Standard Letter Grade
- P - Pass/No Pass

**REPEATABILITY:** R - Course may be repeated  
 Maximum of 3 times

**SCHEDULE TYPES:**

- 04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. The student will access the defensive system employed and produce offensive skills to attack this system.

Measure: performance, video analysis, discussion

PLO: 4

ILO: 7, 2, 1, 4

GE-LO:

Year assessed or anticipated year of assessment: F2015

2. The student will execute the appropriate defense by utilizing fundamentally sound defensive principles.

Measure: performance, role playing, video analysis

PLO: 4

ILO: 7, 2, 1, 4

GE-LO:

Year assessed or anticipated year of assessment: F2015

3. The student will execute the game plan for each contest, which will then support the game and season goals.

Measure: demonstration

PLO: 4

ILO: 7, 1, 2

GE-LO:

Year assessed or anticipated year of assessment: F2015

#### PROGRAM LEARNING OUTCOMES:

1. List and describe five career options available in the field of kinesiology.
2. Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
3. Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
4. Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
5. Identify the skeletal and muscular structures of the human body.
6. Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
7. Describe and demonstrate effective verbal and nonverbal communication skills.

#### **CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS**

Curriculum Approval Date: 03/23/2015

30 Hours

Discussion of course requirements and objectives of the class.

Stretching and conditioning drills will be introduced. Conditioning activities specific to the sport of football will be presented. This may include such drills as: NFL agility drill, weave and 'COD' drills. Students who repeat this class will have their skills or proficiencies enhanced by supervised repetition and practice.

SPO: Students will demonstrate proper stretching techniques. They will identify the type of drill to be performed and get themselves organized to perform the drill by its name.

20 Hours

Development of individual and team skills required for football. This may include working on pursuit, stunt and blitz drills by the defense and screens, draws, short yardage and the 2-minute drill for the offense. Discussions on the mental aspects required for intercollegiate competition will be held. Introduction and review of offensive and defensive schemes. Students who repeat this course will become more proficient in these skills through repetition of the drills. They will have an increased knowledge of the strategies involved in the offense and defense.

SPO: Students will demonstrate skill techniques specific to their individual position. They will give examples of what is meant by being "mentally tough". The students will execute the offensive and defensive systems in a scrimmage situation.

110 Hours

Implement the game plan specific to that week's opponent. Students who repeat the course will improve on consistency and increase their success rate.

SPO: Students will be able to execute the game plan set forth for that week's opponent.

NOTE: The daily class schedule will generally utilize the following format:

- warm up (stretching and conditioning)
- individual work on skills and techniques broken down in small groups by position
- 7 on 7 drills
- special teams work
- execution of offense and defense in 11 on 11 situations

NOTE: A week is typically broken down into:

- Monday - extensive conditioning
- Tuesday - individual skill work and review of offensive and defensive schemes
- Wednesday - execution of offensive and defensive plays specifically implemented for that week's opponent
- Thursday - 7 on 7 practice on the material covered on Tuesday and Wednesday
- Friday - 'dress rehearsal' of that week's game plan
- Saturday - game day

10 Hours

Individual meetings/evaluations of each player with the coach/instructor.

2 Hours

Final.

NOTE: Intercollegiate football at Gavilan College is conducted according to the regulations of the California Community College Athletics Association and under the supervision of the Northern California Football Association.

#### **METHODS OF INSTRUCTION:**

Video, Demonstration, Discussion, Small group activities, 'Chalk Talks'

**METHODS OF EVALUATION:**

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily:

Involves skill demonstrations or problem solving

The problem-solving assignments required:

None

The types of skill demonstrations required:

Class performance

The types of objective examinations used in the course:

None

Other category:

Class participation required.

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 40% - 60%

Objective examinations: 0% - 0%

Other methods of evaluation: 40% - 60%

**REPRESENTATIVE TEXTBOOKS:**

No textbook is required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 200830

CSU GE:

CSU E1, effective 200830

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200830

UC TRANSFER:

Transferable UC, effective 200830

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: ATH

CSU Crosswalk Course Number: 42

Prior to College Level: Y

Non Credit Enhanced Funding: N  
Funding Agency Code: Y  
In-Service: N  
Occupational Course: E  
Maximum Hours:  
Minimum Hours:  
Course Control Number: CCC000550253  
Sports/Physical Education Course: Y  
Taxonomy of Program: 083550