

**Course Outline**

**COURSE:** PE 12B                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 12B

**TERM EFFECTIVE:** Fall 2011                      **Inactive Course**

**SHORT TITLE:** FUND OF FOOTBALL

**LONG TITLE:** Fundamentals of Football

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	1	18
		Lab:	3	54
		Other:	0	0
		Total:	4	72

**COURSE DESCRIPTION:**

The administration and organization of a football program involving practice schedules, personnel, equipment, scouting, conditioning, weight training and football drills. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 12B, effective Fall 2011. **ADVISORY:** Physical Education 12A.

**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 1 times

**SCHEDULE TYPES:**

- 02 - Lecture and/or discussion
- 03 - Lecture/Laboratory
- 04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. The student will describe and demonstrate the mechanics for the following blocking and tackling skills: reach block, cut block, partner tackling, and tackling while stripping the football.

ILO: 7, 2, 1

Measure: demonstration, class discussion

2. The student will apply the rules, advanced strategies, and advanced offensive, defensive, and special teams theories in game-like situations.

ILO: 2, 7, 4

Measure: performance, role playing

3. The student will develop and implement a practice plan.

ILO: 7, 2, 4, 1

Measure: written report, oral report, project

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 12B, effective Fall 2011.

Curriculum Approval Date: 04/28/2008

12 Hours

Introduction. Course syllabus, grading procedures, and course expectations will be discussed. Equipment needs, stretching, and conditioning drills specific to football will be reviewed. Stance and alignment. The essential techniques for a proper stance by each position, including a two point and a three point stance for both offensive and defensive players, will be described. A variety of alignments will be taught based on position and play called. Students who repeat the class will become more proficient in these skills through repetition of the drills in class. They will be provided with the opportunity to mentor a first year student.

HW: They will view a video of players at each position, critique their stances and prepare a written and an oral report.

SPO: The students will describe and demonstrate eight (8) stretches used for the sport of football. They will develop and demonstrate two (2) new conditioning drills that could be used in class. The techniques for a proper stance by each position, both offensively and defensively, will be explained and demonstrated. Alignments, based on position and play, will be diagramed.

8 Hours

Blocking and tackling. Advanced fundamentals on reach blocks, cut blocks, and downfield blocking as well as partner tackling and tackling and stripping the football will be presented. Advanced mechanics involved in catching a football and defeating blocks will be introduced through lecture, demonstration, film, and guided practice. Students who repeat this course will work with a first year student, helping them develop their techniques. They will also become more proficient in their skills through repetition of the drills in class.

HW: A film on tackling fundamentals and techniques and a film on group tackling fundamentals will be reviewed and a report prepared. A series of hand/eye coordination and footwork drills will be developed and then presented in class.

SPO: Students will demonstrate the proper techniques for reach blocks, cut blocks, and downfield blocking and explain when they would be used. Partner tackling and tackling and stripping the football will be discussed and demonstrated.

12 Hours

Lecture, discussion, and a film on the rules of the game of football. Case studies on rule interpretations will be provided for student analyses. Information on developing a practice schedule will be presented through lecture and discussion. A debate about what a practice schedule should include - conditioning, special

teams work, group work, individual work, etc. - will be conducted. Students who repeat the class will be provided the opportunity to officiate scrimmages where they can utilize their knowledge of the rules. They will have the opportunity to help run a practice.

HW: As an out of class assignment, students will attend a football game and observe and write an evaluation of the game officials' calls. They will create practice schedules for an entire week of practice.

SPO: Students will analyze and interpret case studies in the standard rule book. They will officiate scrimmages and make the correct calls depending on the situation. Students will discuss and debate what should be included in a practice schedule.

#### 12 Hours

Offensive positions. A review of the terminology used for each offensive position; including the hole numbers, gap letters, formation calls, and motion calls; will be held. Defensive positions. A review of the terminology used for each defensive position; including each defensive front, position, gap letters, formation adjustments, and motion calls will be facilitated. Speciality positions. A review of the terminology for special teams positions based on each special team; including blocking assignments, return calls, and responsibilities; will be provided. Students who repeat the class will lead a discussion on offensive, defensive, and special teams positions.

HW: Students will design a series of offensive formations which will include diagrams for each position. They will also design defenses for each of the above offenses. They will diagram each formation and label each position and gap. The same will be done for special teams.

SPO: Students will label and discuss each offensive, defensive, and special teams position. They will perform each offensive, defensive, and special teams position in practice and scrimmage situations.

#### 8 Hours

Offensive situations. Review offensive strategy and philosophy based on down and distance, field position, defensive adjustments, and personnel. Defensive situations. Review defensive strategy and philosophy based on down and distance, field position, offensive formations, offensive tendencies, and personnel. Classroom lecture, film observation, on-field instruction, and drills will be utilized. Students who repeat this course will improve their knowledge of offensive and defensive strategies involved in football.

HW: Students will develop a 10 play offensive script and a defensive stunt package based on the offensive formations.

SPO: Students will perform the offensive and defensive concepts and strategies in practice and scrimmage situations. They will discuss the philosophies involved in these offensive and defensive strategies.

#### 8 Hours

Weight training and conditioning for football. A review of the weight training techniques and conditioning principles specific to football will be provided. This will include performing lifts based on power and explosion and auxillary lifts as well as aerobic, anaerobic and plyometric conditioning exercises. The use of kettlebells will be introduced. Testing in the four core lifts: bench press, dead lift, squat, and power clean will be administered. Students who repeat this class will become more proficient in their weight training techniques and conditioning principles through supervised repetition in class.

HW: As an out of class assignment, students will develop an off-season weight training and conditioning program. They will read a handout on the use of kettlebells and be prepared to discuss this information in class.

SPO: Students will complete testing for the four core lifts. They will demonstrate at least four (4) exercises with the kettlebell. Students will participate in a variety of aerobic, anaerobic, and plyometric exercises.

#### 8 Hours

Scouting and game preparation. Philosophies of game preparation; including film review, scouting reports, and practice sessions will be discussed. Opportunities for interclass play will be provided. Students who

repeat the class will officiate some of the games. Their skills will improve through supervised repetition in class.

HW: Students will review game film and input information into a scouting report. They will write a review of their interpretation of the rules when they were officiating.

SPO: Students will demonstrate all their skills during practice and scrimmage situations. They will execute offensive, defensive, and special teams plays.

2 Hours

Final Examination (Practical and Written)

### **METHODS OF INSTRUCTION:**

Lecture, demonstration, guided practice, video analysis and interpretation, group discussion.

### **METHODS OF EVALUATION:**

The types of writing assignments required:

Written homework

Reading reports

Other: Note taking and film review reports.

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Multiple choice

Matching items

Completion

Other category:

Requires student participation

The basis for assigning students grades in the course:

Writing assignments: 10% - 20%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 30% - 50%

Objective examinations: 10% - 20%

Other methods of evaluation: 30% - 40%

### **REPRESENTATIVE TEXTBOOKS:**

### **ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 199730

UC TRANSFER:

Transferable UC, effective 199730

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 12B

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: CCC000279656

Sports/Physical Education Course: Y

Taxonomy of Program: 083500