



5055 Santa Teresa Blvd  
Gilroy, CA 95023

---

### Course Outline

**COURSE:** ATH 12A                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 12A & PE 12A

**TERM EFFECTIVE:** Summer 2025                      **CURRICULUM APPROVAL DATE:** 06/10/2025

**SHORT TITLE:** FUNDAMENTALS 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

---

Out of Class Hrs:                      36.00

Total Learning Hrs:                      162.00

---

### COURSE DESCRIPTION:

Basic organization and administration of a football program involving equipment, practice schedules, personnel, conditioning, scouting, weight training, and football specific drills. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

**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
- 047 - Laboratory - LEH 0.7
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed
- 73 - Dist. Ed Internet Delayed LAB
- 737 - Dist. Ed Internet LAB-LEH 0.7

**STUDENT LEARNING OUTCOMES:**

By the end of this course, a student should:

1. Explain the rules, basic strategies, and basic offensive, defensive, and special teams theories and demonstrate the fundamental skills required of each.
2. Analyze game tape and recognize and chart offensive and defensive formations.

**COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Demonstrate the proper use of equipment and the correct stretching techniques. Participate in the conditioning drills.
2. Describe the essential techniques for a two point and a three point stance for both offensive and defensive players.
3. Demonstrate and explain the fundamentals involved in blocking and tackling.
4. Discuss and demonstrate how to catch a football.
5. Discuss and demonstrate how to shed a block.
6. Discuss and analyze case studies involving rule interpretation.
7. Explain the elements involved when developing a practice schedule.
8. Explain the basic terminology used for each offensive, defensive, and special teams position.
9. Describe and demonstrate two lifts, that are used to develop power and to develop explosion.
10. Discuss the benefits of plyometric exercises and list and perform three plyometric exercises.
11. Demonstrate their skill techniques and knowledge of concepts and strategies through performance in scrimmage and game-like situations.

**COURSE CONTENT:**

Curriculum Approval Date: 06/10/2025

**LECTURE CONTENT:****2 Hours Lecture**

Introduction. Discussion of course syllabus, grading procedures, and course expectations. Equipment needs, conditioning, stretching, and drills for football will be presented. Students who repeat this course will be provided leadership roles through peer teaching.

**2 Hours Lecture**

Blocking and tackling. Lecture, demonstration, film, and guided practice will be utilized. Students who repeat this course will become more proficient in these basic skill through repetition of the drills in this course.

**2 Hours Lecture**

The basic rules governing football will be introduced through lectures, discussion, and a video. Case studies will be provided. Lecture, discussion, and debate on the essential aspects of football practice, including the use of field equipment, time periods, special team periods, group periods, and conditioning. Students who repeat the course will be provided the opportunity to develop and lead a practice session.

**2 Hours Lecture**

Lecture and practice opportunities will be provided for each of the positions. Students who repeat the class will explain the basic terminology used for offense, defense, and special teams to a first year student. They will experience participating in a variety of positions.

**2 Hours Lecture**

Offensive situations. Basic offensive strategy and philosophy involving down and distance, field position, defensive adjustments, and personnel will be discussed. Defensive situations. Basic defensive strategy and philosophy involving down and distance, field position, offensive formations, offensive tendencies, and personnel will be explained. Classroom lectures, video analysis, on-field instruction, and drills will be utilized. Students who repeat this course will have an increased knowledge of the strategies involved in offensive and defensive football.

**2 Hours Lecture**

Weight training and conditioning for football. Philosophies and techniques for weight training and basic conditioning principles specific to football will be presented. Students who repeat this course will become more proficient in their weight training techniques and conditioning for football through repetition of each lift and exercise.

**2 Hours Lecture**

Scouting and game preparation. Philosophies of game preparation including film review, scouting reports, and practice sessions will be introduced. Lecture and testing will be included. Students who repeat the class will become more proficient through supervised repetition in class.

**2 Hours****Final Examination**

(Practical and Written)

**COURSE CONTENT(CONTINUED):****LAB CONTENT:**

1. 7 Hours Lab: Stance and alignment. The essential techniques for a proper stance for each position, including a two point and a three point stance for both offensive and defensive players, will be covered.
2. 7 Hours Lab: Basic blocking and tackling fundamentals including base block, cut block, reach block, as well as an angle tackle and a gang tackle will be discussed and demonstrated. The fundamental mechanics involved in catching a football and defeating a block will be presented.
3. 7 Hours Lab: Students will officiate scrimmages and make the correct rule interpretation based on the situation.
4. 7 Hours Lab: Offensive positions. The basic terminology for each position; hole numbers, gap letters, formation calls, and motion calls will be introduced. Defensive positions. The basic terminology for each defensive front, position, gap letters, formation adjustments, and motion calls will be discussed. Specialty positions. The basic terminology for special teams positions based on each special team will be presented.
5. 7 Hours Lab: Offensive situations. Basic offensive strategy and philosophy involving down and distance, field position, defensive adjustments, and personnel will be discussed. Defensive situations. Basic defensive strategy and philosophy involving down and distance, field position, offensive formations, offensive tendencies, and personnel will be explained. On-field instruction, and drills will be utilized.
6. 7 Hours Lab: Students will review and perform lifts based on power, explosion, and auxiliary lifts. Aerobic exercises, anaerobic exercises, and plyometric exercises will be included.
7. 6 Hours Lab: Inter-class play, where the students will have the opportunity to utilize skills, strategies, knowledge, and rules will be provided.

**METHODS OF INSTRUCTION:**

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

## **OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours 5

Assignment Description

Homework: An out of class assignment will be to video and then review the video of each position players' proper stance and alignment.

Required Outside Hours 4

Assignment Description

Homework: Students will review film on tackling fundamentals and techniques, on position group tackling drills, and will prepare a presentation for class. They will create a set of drills that could be used to develop hand/eye coordination and footwork.

Required Outside Hours 5

Assignment Description

Homework: Students will analyze and interpret case studies. They will attend a football game and write an evaluation of the officials' calls. A two hour and fifteen minute practice schedule will be created.

Required Outside Hours 6

Assignment Description

Homework: Students will design a series of offensive formations which will include diagrams with each position labeled. Each position and gap will be labeled for each defense based on the above offenses. Students will review blocking assignments, return calls, and responsibilities based on each special teams situation.

Required Outside Hours 4

Assignment Description

Homework: Students will break down a game tape charting the various offenses and defenses used based on the situation.

Required Outside Hours 4

Assignment Description

Homework: As an out of class assignment, students will video each other and review the tape for proper technique. They will read the handouts provided on plyometric exercises and be prepared to discuss the information in class.

Required Outside Hours 4

Assignment Description

Homework: Students will review game film and develop a scouting report. In addition they will develop a game preparation plan.

**METHODS OF EVALUATION:**

Writing assignments

Evaluation Percent 10

Evaluation Description

Writing assignments: Written homework

Skill demonstrations

Evaluation Percent 50

Evaluation Description

Demonstration

Objective examinations

Evaluation Percent 10

Evaluation Description

Objective examinations:

Multiple Choice,

Matching Items,

Completion

Other methods of evaluation

Evaluation Percent 30

Evaluation Description

Other methods of evaluation:

Requires student participation.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required. Handouts will be provided as needed.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Course Control Number: CCC000533492

Sports/Physical Education Course: Y

Taxonomy of Program: 083550