

Course Outline

COURSE: ATH 12A **DIVISION:** 40 **ALSO LISTED AS:** KIN 12A & PE 12A
TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 12/8/2020
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

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.

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
- 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.

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

Curriculum Approval Date: 12/8/2020 - **DE MODIFICATION ONLY**

12 Hours (3 Hours Lecture/9 Hours Lab)

Introduction. Discussion of course syllabus, grading procedures, and course expectations. Equipment needs, conditioning, stretching, and drills for football will be presented. 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 covered. A variety of alignments will be taught based on the position and the play called. Students who repeat this course will be provided leadership roles through peer teaching.

Student Performance Objectives: Demonstrate the proper use of equipment and the correct stretching techniques. Participate in the conditioning drills. Describe the essential techniques for a two point and a three point stance for both offensive and defensive players.

8 Hours (2 Hours Lecture/6 Hours Lab)

Blocking and tackling. 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. 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.

Student Performance Objectives: Demonstrate and explain the basic fundamentals involved in blocking and tackling. Discuss and demonstrate how to catch a football and then shed a block.

12 Hours (3 Hours Lecture/9 Hours Lab)

The basic rules governing football will be introduced through lecture, discussion, and a video. Case studies will be provided. Students will officiate scrimmages and make the correct rule interpretation based on the situation. Lecture, discussion, and debate on the essential aspects of a 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.

Student Performance Objectives: Discuss and analyze case studies involving rule interpretations. Explain the elements involved when developing a practice schedule.

12 Hours (3 Hours Lecture/9 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. 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.

Student Performance Objectives: Explain the basic terminology used for each offensive, defensive, and special teams position. Demonstrate these concepts through performance in practice and scrimmage situations.

8 Hours (2 Hours Lecture/6 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. Classroom lecture, 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.

Student Performance Objectives: Demonstrate a variety of offensive and defensive strategies in practice and scrimmage situations. Describe the various offensive and defensive situations.

8 Hours (2 Hours Lecture/6 Hours Lab)

Weight training and conditioning for football. Philosophies and techniques for weight training and basic conditioning principles specific to football will be presented. Students will review and perform lifts based on power, explosion, and auxiliary lifts. Aerobic exercises, anaerobic exercises, and plyometric exercises will be included. 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.

Student Performance Objectives: Describe and demonstrate two lifts each that are used to develop power and to develop explosion. Discuss the benefits of plyometric exercises and list and perform three plyometric exercises.

8 Hours (2 Hours Lecture/6 Hours Lab)

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. Inter-class play, where the students will have the opportunity to utilize the skills, strategies, knowledge, and rules will be provided. Students who repeat the class will become more proficient through supervised repetition in class.

Student Performance Objectives: Demonstrate their skill techniques and knowledge of concepts and strategies through performance in scrimmage and game-like situations.

2 Hours

Final Examination

METHODS OF INSTRUCTION:

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

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 10.00 %

Writing assignments: Written homework

Skill demonstrations

Percent of total grade: 50.00 %

Demonstration

Objective examinations

Percent of total grade: 10.00 %

Objective examinations: Multiple Choice, Matching Items, Completion

Other methods of evaluation

Percent of total grade: 30.00 %

Other methods of evaluation: Requires student participation.

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 6

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: 6

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.

REPRESENTATIVE TEXTBOOKS:

No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201370

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201770

UC TRANSFER:

Transferable UC, effective 201770

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:

CSU Crosswalk Course Number:

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: CCC000533492

Sports/Physical Education Course: Y

Taxonomy of Program: 083550