

Course Outline

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

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:

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. **ADVISORY:** PE 12A or KIN 12A or ATH 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
- 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. Describe and demonstrate the mechanics for the following blocking and tackling skills: reach block, cut block, partner tackling, and tackling while stripping the football.

2. Apply the rules, advanced strategies, and advanced offensive, defensive, and special teams theories in game-like situations.

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. 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.

Student Performance Objectives: Describe and demonstrate eight (8) stretches used for the sport of football. Develop and demonstrate two (2) new conditioning drills that could be used in class. Explain and demonstrated the techniques for a proper stance by each position, both offensively and defensively. Diagram alignments, based on position and play.

8 Hours (2 Hours Lecture/6 Hours Lab)

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.

Student Performance Objectives: Demonstrate the proper techniques for reach blocks, cut blocks, and downfield blocking and explain when they would be used. Discuss and demonstrated partner tackling and stripping the football.

12 Hours (3 Hours Lecture/9 Hours Lab)

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.

Student Performance Objectives: Analyze and interpret case studies in the standard rule book. Officiate scrimmages and make the correct calls depending on the situation. Discuss and debate what should be included in a practice schedule.

12 Hours (3 Hours Lecture/9 Hours Lab)

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. Specialty 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.

Student Performance Objectives: Label and discuss each offensive, defensive, and special teams position. Perform each offensive, defensive, and special teams position in practice and scrimmage situations.

8 Hours (2 Hours Lecture/6 Hours Lab)

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.

Student Performance Objectives: Perform the offensive and defensive concepts and strategies in practice and scrimmage situations. Discuss the philosophies involved in these offensive and defensive strategies.

8 Hours (2 Hours Lecture/6 Hours Lab)

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 auxiliary lifts as well as aerobic, anaerobic and plyometric conditioning exercises. The use of kettle bells 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.

Student Performance Objectives: Complete testing for the four core lifts. Demonstrate at least four (4) exercises with the kettle bell. Participate in a variety of aerobic, anaerobic, and 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 discussed. Opportunities for inter-class play will be provided. Students who repeat the class will officiate some of the games. Their skills will improve through supervised repetition in class.

Student Performance Objectives: Demonstrate all their skills during practice and scrimmage situations. Execute offensive, defensive, and special teams plays. Develop and implement a practice plan.

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, Reading reports, Other: Note taking and film review reports.

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

Required Outside Hours: 4

Assignment Description: Homework: 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.

Required Outside Hours: 6

Assignment Description: Homework: 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.

Required Outside Hours: 6

Assignment Description: Homework: 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.

Required Outside Hours: 4

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

Required Outside Hours: 4

Assignment Description: Homework: 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.

Required Outside Hours: 4

Assignment Description: Homework: 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.

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: CCC000533487

Sports/Physical Education Course: Y

Taxonomy of Program: 083550