

Course Outline

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

TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 10/13/2020

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 OR 3	18	Lecture:	0	0
		Lab:	7.5 OR 10	135 OR 180
		Other:	0	0
		Total:	7.5 OR 10	135 OR 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
- 046 - Laboratory - LEH 0.6
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 736 - Dist. Ed Internet LAB-LEH 0.6

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Access the defensive system employed and produce offensive skills to attack this system.
2. Execute the appropriate defense by utilizing fundamentally sound defensive principles.
3. Execute the game plan for each contest, which will then support the game and season goals.

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

Curriculum Approval Date: 10/13/2020

20 - 30 Hours

Content: 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.

Student Performance Objectives: Demonstrate proper stretching techniques. Identify the type of drill to be performed and get themselves organized to perform the drill by its name.

10 - 20 Hours

Content: 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.

Student Performance Objectives: Demonstrate skill techniques specific to their individual position. Provide examples of what is meant by being "mentally tough". Execute the offensive and defensive systems in a scrimmage situation.

90 - 110 Hours

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

Student Performance Objectives: Execute the game plan set forth for that week's opponent.

13 - 18 Hours

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

Student Performance Objectives: Evaluate your performance for the season and analyze areas for improvement.

2 Hours

Final

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

NOTE: Intercollegiate football at Gavilan College is conducted according to the regulations of the California Community College

Athletic 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:

Skill demonstrations

Percent of total grade: 50.00 %

Skill demonstrations: 40% - 60% Class performance

Other methods of evaluation

Percent of total grade: 50.00 %

Other methods of evaluation: 40% - 60% Class participation required.

REPRESENTATIVE TEXTBOOKS:

No textbook is required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 200830

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

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: CCC000562973

Sports/Physical Education Course: Y

Taxonomy of Program: 083550