

Course Outline

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

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:

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

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 demonstrate the basic skills of blocking and tackling.

ILO: 7, 2

Measure: demonstration

2. The student will explain the rules, basic strategies, and basic offensive, defensive, and special teams theories.

ILO: 2, 7, 1

Measure: oral report, exam, role playing

3. The student will break down game tape and recognize and chart offensive and defensive formations.

ILO: 7, 2, 1, 4

Measure: performance, game chart

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

Inactive Course: 11/08/2010

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

Curriculum Approval Date: 04/28/2008

12 Hours

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.

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

SPO: The student will demonstrate the proper use of equipment and the correct stretching techniques. They will participate in the conditioning drills. The essential techniques for a two point and a three point stance for both offensive and defensive players will be described by the student.

8 Hours

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.

HW: 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.

SPO: The students will demonstrate and explain the basic fundamentals involved in blocking and tackling. They will discuss and demonstrate how to catch a football and then shed a block.

12 Hours

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.

HW: 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.

SPO: Students will discuss and analyze case studies involving rule interpretations. They will explain the elements involved when developing a practice schedule.

12 Hours

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.

HW: 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.

SPO: The student will explain the basic terminology used for each offensive, defensive, and special teams position. They will demonstrate their knowledge of these concepts through performance in practice and scrimmage situations.

8 Hours

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.

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

SPO: Students will demonstrate a variety of offensive and defensive strategies in practice and scrimmage situations. They will also describe the various offensive and defensive situations.

8 Hours

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 auxillary 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.

HW: 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.

SPO: The student will describe and demonstrate two lifts each that are used to develop power and to develop explosion. They will discuss the benefits of plyometric exercises and list and perform three plyometric exercises.

8 Hours

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. Interclass 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.

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

SPO: Students will demonstrate their skill techniques and knowledge of concepts and strategies through performance in scrimmage and game-like situations.

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

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%

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: 12A
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: CCC000238805
Sports/Physical Education Course: Y
Taxonomy of Program: 083500