

Course: PE 77

Also Listed As:

Term Effective: 200930, CURRICULUM APPROVAL DATE: 05/12/2008

Short Title: Flag Football

Full Title: Flag Football

<u>Contact Hours/Week</u>	<u>Units</u>	<u>Number of Weeks</u>	<u>Total Contact Hours</u>
Lecture: 0	.5 OR 1	17.34	Lecture: 0
Lab: 1.5 OR 3			Lab: 26.01 OR 52.02
Other: 0			Other: 0
Total: 1.5 OR 3			Total: 26.01 OR 52.02

Credit Status: D - Credit - Degree Applicable

Grading Modes: L - Standard Letter Grade  
 P - Pass/No Pass

Repeatability: N

Schedule Types: 04 Laboratory/Studio/Activity

Course Description:

Instruction in the fundamentals of flag football. Includes skills, rules, and strategy with emphasis on the application of skills and strategies in game play. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

## ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200930

UC TRANSFER:

Transferable UC, effective 200930

PREREQUISITES:

COREQUISITES:

### STUDENT LEARNING OUTCOMES:

1. The student will demonstrate the proper technique for throwing, catching, and kicking the football.

ILO: 7, 2

Measure: performance

2. The student will describe and execute a variety of offensive and defensive strategies.

ILO: 7, 2, 1, 4

Measure: written exam, demonstration, oral exam

3. The student will explain the rules of flag football.

ILO: 2, 7, 1

Measure: written exam, class discussion

### TOPICS AND SCOPE:

Curriculum Approval Date: 05/12/2008

3 - 6 Hours

Course introduction, including course syllabus, grading, and class requirements. The differences between flag football and tackle football will be discussed, including some of the rules. Safety practices will be explained and emphasized. Presentation on the basic football skills of passing, catching, kicking, and blocking.

SPO: Students will explain the requirements of the course and how their grade is determined. They will list the safety rules the class will follow.

4.5 - 9 Hours

Structured opportunities for students to work on their passing, catching, kicking, and blocking skills will be provided. Offensive patterns for receivers and running backs will be introduced. Offensive formations as well as rules governing offensive play will be included.

SPO: Students will demonstrate the techniques for throwing, catching, and kicking the football. They will explain the rules specific to blocking.

4.5 - 9 Hours

Information will be provided on defensive skills and defensive formations. This may include: the responsibilities of the defensive line and defensive backs, zone vs. man to man coverage, and the rules governing defensive play.

SPO: The students will discuss the benefits/detriments of playing zone defense and/or playing man to man defense. They will explain the rules governing defensive play.

3 - 6 Hours

The opportunity to practice all skills learned to date will be provided through a variety of activities. Offensive and defensive strategies will be presented, discussed, and practiced.

SPO: The students will develop, explain, and demonstrate an offensive play. The defense that could be utilized against the play will be discussed.

7.5 - 15 Hours Teams will be established and opportunities will be provided for them to develop offensive and defensive schemes. Competition could be included in 5, 7, and/or 8 player teams. Tournament play will be organized. Round robin or some other type of tournament format could be used.

SPO: Students will participate in tournament play where they will demonstrate their skills, knowledge of the rules, and strategies. Each student will perform at several positions.

3 - 6 Hours

Skill testing. Review for final.

SPO: Students will participate in skill testing. They will discuss the rules governing flag football.

2 Hours

Final.

Students who repeat the class will have the opportunity to improve their technique. Skills or proficiencies are enhanced by supervised repetition and practice within class.

METHODS OF INSTRUCTION:

demonstration, small groups, stations

METHODS OF EVALUATION:

The types of writing assignments required:

None - Course primarily involves skill demonstration or problem solving

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

True/false

Completion

Other category:

Requires student participation

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 30% - 50%

Objective examinations: 10% - 30%  
Other methods of evaluation: 40% - 60%

REPRESENTATIVE TEXTBOOKS:

SUPPLEMENTAL DATA:

Basic Skills:  
Classification: D  
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: PE 77  
Sports/Physical Education Course: N  
Taxonomy of Program: 083500