

ATHL 22.1L Course Outline as of Fall 2019**CATALOG INFORMATION**

Dept and Nbr: ATHL 22.1L Title: DEFENSIVE FOOTBALL LAB
 Full Title: Defensive Football Laboratory
 Last Reviewed: 2/11/2019

| Units | | Course Hours per Week | | Nbr of Weeks | Course Hours Total | |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 1.50 | Lecture Scheduled | 0 | 17.5 | Lecture Scheduled | 0 |
| Minimum | 1.50 | Lab Scheduled | 0 | 6 | Lab Scheduled | 0 |
| | | Contact DHR | 3.00 | | Contact DHR | 52.50 |
| | | Contact Total | 3.00 | | Contact Total | 52.50 |
| | | Non-contact DHR | 0 | | Non-contact DHR | 0 |

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable
 Grading: Grade or P/NP
 Repeatability: 34 - 4 Enrollments Total
 Also Listed As:
 Formerly: ATHL 22L.1

Catalog Description:

Introduction to the structure and development of various defensive football strategies. This course will include analysis of scouting reports and film reviews; as well as the practical application of various physical training concepts.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Introduction to the structure and development of various defensive football strategies. This course will include analysis of scouting reports and film reviews; as well as the practical application of various physical training concepts. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.
Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

| | | | | | |
|----------------------|----------------------|------------|-----------|------------|-----------|
| AS Degree: | Area | | | Effective: | Inactive: |
| CSU GE: | Transfer Area | | | Effective: | Inactive: |
| IGETC: | Transfer Area | | | Effective: | Inactive: |
| CSU Transfer: | Transferable | Effective: | Fall 1981 | Inactive: | |
| UC Transfer: | Transferable | Effective: | Fall 1985 | Inactive: | |

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Identify and assess offensive and defensive strategies of an opponent.
2. Formulate appropriate defensive strategies based on the assessment of the opponent's offensive schemes.

Objectives:

At the conclusion of this course, the student should be able to:

1. Identify and explain basic offensive and defensive strategies.
2. Analyze offensive strategies and personnel through the use of film, scouting reports, and established offensive criteria.
3. Formulate a variety of defensive strategies based on specific offenses.

Topics and Scope:

- I. Basic Offensive and Defensive Strategies
 - A. Run offense
 - B. Pass offense
 - C. Run defense
 - D. Pass defense
- II. Film and Scouting Report Analysis
 - A. Personnel and team performance assessment
 - B. Opponent personnel and performance assessment
- III. Defensive Strategy Development for Specific Offenses
 - A. Run game
 - B. Pass game
- IV. Multiple Defensive Strategies
 - A. Zone defense
 - B. Man coverage
 - C. Blitz game

Assignment:

Students are expected to spend an additional one and one half hours per week outside of class completing one or more of the following assignments.

Representative Assignments:

1. Writing defensive strategies
2. Creating and analyzing scouting reports
3. Developing a playbook
4. Diagramming specific offensive and defensive strategies
5. Film analysis
6. Note taking
7. Logs and critiques of offensive schemes
8. Mid term and final exam, multiple choice, true/false, matching

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework, Notebook, Scouting reports, Playbook

Writing
10 - 30%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Playbook, diagram specific off./def. strategies

Skill Demonstrations
10 - 30%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion

Exams
10 - 30%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and Participation

Other Category
30 - 60%

Representative Textbooks and Materials:

Defensive Football Strategies. American Football Coaches Association. Human Kinetics, Inc. 2000 (classic)