

PHYED 88 Course Outline as of Fall 2005

CATALOG INFORMATION

Dept and Nbr: PHYED 88

Title: FLAG FOOTBALL

Full Title: Flag Football

Last Reviewed: 2/27/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	2.00	6	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 35.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 43

Catalog Description:

Touch football with emphasis on team play.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Touch football with emphasis on team play. (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**
CSU GE: **Transfer Area**

Effective: Inactive:
Effective: Inactive:

IGETC: **Transfer Area**

Effective: Inactive:

CSU Transfer: Transferable Effective: Spring 1982 Inactive:

UC Transfer: Transferable Effective: Spring 1982 Inactive:

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

At the completion of the semester the students will:

1. Identify and explain the rules.
2. Identify the fundamentals and skills necessary to play.
3. Participate in a variety of activities that are necessary to play the activity.
4. Demonstrate the ability to understand the concepts and strategies of the game.
5. Demonstrate practical techniques of assessing one's own fitness as relates to the activity.

Topics and Scope:

A. Outlines of topics to be addressed in the course

1. Definition and importance of Physical Fitness components.
 - a. Skill related Physical Fitness
 - 1) agility
 - 2) balance
 - 3) coordination
 - 4) power
 - 5) reaction
 - b. Understanding of basic formulations
 - 1) pro
 - 2) slot
 - 3) ace
 - 4) trips
 - c. Understanding of back defensive coverage and adjustments
 - 1) cover 2
 - 2) cover 3
 - 3) combinations - zone and man
 - 4) specific coverages for ACE sets and trips
 - 5) man to man coverage
 - d. Understanding of different types of passes
 - 1) 3 step- related routes
 - 2) 5 step - related routes

- 3) 7 step - related routes
- 4) play action - related routes

Assignment:

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.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

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.

Class performances, Performance exams

Skill Demonstrations
20 - 40%

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

Multiple choice, True/false

Exams
20 - 40%

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

ATTENDANCE

Other Category
40 - 60%

Representative Textbooks and Materials: