

CATALOG INFORMATION

Dept and Nbr: KTEAM 2.1      Title: TOUCH FOOTBALL  
Full Title: Touch 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: 17.50

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable  
Grading: Grade or P/NP  
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP  
Also Listed As:  
Formerly: PHYED 88

**Catalog Description:**  
Touch football with an emphasis on skills, techniques, and strategies of team play. Students will demonstrate overall offensive and defensive strategies. The strategies will include offensive passing and run game utilizing all skilled positions with emphasis on formation variety and routes concept application. Defensive concepts students will understand and apply will include zone and man schemes.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Touch football with an emphasis on skills, techniques, and strategies of team play. Students will demonstrate overall offensive and defensive strategies. The strategies will include offensive passing and run game utilizing all skilled positions with emphasis on formation variety and routes concept application. Defensive concepts students will understand and apply will

include zone and man schemes. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Spring 1982	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Spring 1982	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. Apply rules, concepts, strategies, and fundamental skills of the game of Football.
2. Assess personal fitness level as it relates to touch football.

### **Objectives:**

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

1. Identify and explain the rules.
2. Identify the fundamentals, skills, and techniques necessary to play football.
3. Demonstrate and apply offensive and defensive formations.
4. Demonstrate and apply offensive and defensive strategies.
5. Demonstrate practical techniques of assessing personal fitness as it relates to the activity.

### **Topics and Scope:**

#### **I. Skill Related Physical Fitness**

- A. Agility
- B. Balance
- C. Coordination
- D. Power
- E. Reaction

#### **II. Offensive Formations**

- A. Pro
- B. Slot
- C. Ace
- D. Trips

### III. Defensive Formations

- A. Cover 2
- B. Cover 3
- C. Combinations - zone and man
- D. Specific coverages for Ace sets and trips
- E. Man to man coverage

### IV. Passing Game

- A. 3 step - related routes
- B. 5 step - related routes
- C. 7 step - related routes
- D. Play action - related routes

### Assignment:

Students are required to spend an additional one hour per week outside of class working on one or more of the assignments listed below; or other assignment as directed by the instructor.

1. Observe a professional football game.
2. Develop an offensive and defensive playbook for touch football.
3. Quizzes (2-4)
4. Skill performances and performance exams

### 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.

Offensive and defensive playbooks

Writing  
10 - 20%

**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.

Skill performances and performance exams

Skill Demonstrations  
20 - 30%

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

Quizzes

Exams  
10 - 20%

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

Participation and attendance

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Football: Steps to Success. Colby, Gregg. Human Kinetics, 2013 (classic).

Offensive Football Strategies. American Football Coaches Association. Human Kinetics. 2000 (classic).

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