

ATHL 21 Course Outline as of Fall 2025**CATALOG INFORMATION**

Dept and Nbr: ATHL 21 Title: VARSITY FOOTBALL

Full Title: Varsity Football

Last Reviewed: 10/28/2024

| Units | | Course Hours per Week | | Nbr of Weeks | Course Hours Total | |
|---------|------|-----------------------|------|--------------|--------------------|--------|
| Maximum | 3.00 | Lecture Scheduled | 0 | 17.5 | Lecture Scheduled | 0 |
| Minimum | 3.00 | Lab Scheduled | 0 | 17 | Lab Scheduled | 0 |
| | | Contact DHR | 6.00 | | Contact DHR | 105.00 |
| | | Contact Total | 6.00 | | Contact Total | 105.00 |
| | | Non-contact DHR | 0 | | Non-contact DHR | 0 |

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 53

Catalog Description:

Students will practice and participate in intercollegiate competition, emphasizing football skills, fundamentals, and strategies.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:**

By try out.

Schedule of Classes Information:

Description: Students will practice and participate in intercollegiate competition, emphasizing football skills, fundamentals, and strategies. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment: By try out.

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 1981 | 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. Play a game of football demonstrating appropriate physical skills; appropriate responses to offensive and defensive strategies of the opponent; teamwork; and knowledge of rules and other football concepts.

Objectives:

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

1. Demonstrate individual fundamental skills pertaining to football.
2. Demonstrate and apply practical and general knowledge of the game of football and its rules.
3. Identify and analyze concepts, strategies, and personnel of opponents through film analysis and simulated game situations.
4. Demonstrate the ability to work with a team unit and develop team concepts.
5. Repeating students must demonstrate an increased depth and breadth of related skills, with new learning objectives.

Topics and Scope:

- I. Individual Fundamental Skills and Conditioning
 - A. Agility
 - B. Coordination
 - C. Reaction
 - D. Muscular strength
 - E. Muscle and cardio vascular endurance
- II. Practical and General Knowledge of the Game and its Rules
 - A. Practice drills
 - B. Game situations
- III. Concepts and Strategies of Opponent
 - A. Offensive scheme
 - B. Defensive scheme
 - C. Special teams
 - D. Team personnel

IV. Team Development and Goals

V. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

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

In-class work may include:

1. Film analysis
2. Note taking and developing a playbook
3. Physical training and conditioning
4. Development and demonstration of related skills including practice and game performance
5. Establishing team goals (ungraded)
6. Periodic quizzes (3-5)

Fieldwork may include:

1. Scouting reports execution
2. Playbook application
3. Intercollegiate competition

Repeating students demonstrate an increased level of performance.

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.

Scouting reports, Playbooks, Note taking

Writing
5 - 10%

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.

Practice and game performance

Skill Demonstrations
25 - 60%

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

Quizzes

Exams
10 - 25%

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

Attendance, participation and film analysis

Other Category
25 - 60%

Representative Textbooks and Materials:

The Football Coaching Bible. Human Kinetics. American Football Coaches Association. 2002.
(classic).

Instructor prepared materials