

PHYED 89 Course Outline as of Fall 2005**CATALOG INFORMATION**

Dept and Nbr: PHYED 89 Title: FOOTBALL PASSING GAME

Full Title: Football Passing Game

Last Reviewed: 2/10/2003

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 44

Catalog Description:

Fundamentals of the football passing and kicking game, both from an offensive and defensive position. Types of pass action, defense coverages and kicking fundamentals.

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

Description: Fundamentals of the football passing & kicking game, both from an offensive & defensive position. (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:	Summer 1982	Inactive:	Summer 2012
UC Transfer:	Transferable	Effective:	Summer 1982	Inactive:	Summer 2012

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

The primary objective of this course is to provide students with the knowledge and skills required to analyze and react to offensive and defensive tactics. At the completion of this course the student will be able to do the following:

1. Analyze and react to various defensive tactics.
2. Analyze and react to various offensive tactics.
3. Demonstrate the ability to identify what the offense or defense is vulnerable at.
4. Participate in passing league games designed to improve the ability to play the sport at all levels.
5. Analyze training principles (ie., drills for feet, ball drives, coverage drills, etc.
6. Demonstrate an understanding of the fundamentals of the kicking game.

Topics and Scope:

A. Outlines Of Topics To Be Addressed In The Course.

- 1) Definition and importance of defense position vs pass
 - a) by position
 1. inside linebackers
 2. outside linebackers
 3. defensive backs
- 2) Definition and importance of offense position in passing game
 - a) by position
 1. quarterbacks
 2. running backs
 3. wide receivers
 4. tight ends
- 3) Types of passing actions
 - a) dropback
 - b. spin out

- c. play action
- 4) Types of routes
 - a. individual
 - b. two man
 - c. backs out
- 5) Formations
 - a. pro
 - b. slot
 - c. 1 back
 - d. 1 tight end
- 6) Skill related physical fitness
 - a. agility
 - b. balance
 - c. coordination
 - d. reaction
- 7) Principles of different types of defenses
 - a. zone defenses
 - 1. two deep five under
 - 2. three deep four under
 - 3. combo-zone and man coverage
 - b. man defenses
 - 1. man on man
 - 2. man free
- 8) Demonstrate practical application
 - a. punting techniques - how and when
 - b. point after touch down
 - c. field goals-when and how
- 9) Nutrition for health and wellness
 - a. guidelines for basic nutrition
 - b. nutritional myths and misconceptions
 - c. assessment of present individual dietary intake

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: