### **ATHL 21 Course Outline as of Fall 2019**

# **CATALOG INFORMATION**

Dept and Nbr: ATHL 21 Full Title: Varsity Football Last Reviewed: 2/25/2019 Title: VARSITY FOOTBALL

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

This course includes practice and participation for intercollegiate competition, emphasizing football skills, fundamentals, and strategies.

**Prerequisites/Corequisites:** 

**Recommended Preparation:** 

## **Limits on Enrollment:**

By try out.

### **Schedule of Classes Information:**

Description: This course includes practice and participation for 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: CSU GE:	Area Transfer Area	I		Effective: Effective:	Inactive: Inactive:
<b>IGETC:</b>	Transfer Area	l		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:**

- 1. Individual fundamental skills and conditioning
  - A. Agility
  - B. Coordination
  - C. Reaction
  - D. Muscular strength
  - E. Muscle and cardio vascular endurance
- 2. Practical and general knowledge of the game and its rules
  - A. Practice drills
  - B. Game situations
- 3. Concepts and strategies of opponent
  - A. Offensive scheme
  - B. Defensive scheme

- C. Special teams
- D. Team personnel
- 4. Team development and goals
- 5. 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
- 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

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

None

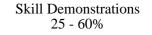
**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Practice and game performance.

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

Writing 5 - 10%

Problem solving 0 - 0%



Multiple choice, True/false, Matching items, Completion, Short essay

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

Attendance, participation and film analysis

## **Representative Textbooks and Materials:**

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

Instructor prepared materials

Exams 10 - 25%

Other Category 25 - 60%