

CATALOG INFORMATION

Dept and Nbr: PHYED 88

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: 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 an emphasis on skills, techniques, and strategies of team play.

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.  
(Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

## **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:
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<b>UC Transfer:</b>	Transferable	Effective:	Spring 1982	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of the course the students will:

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

### **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

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

### Assignment:

1. Observe a professional football game.
2. Develop an offensive and defensive playbook for touch football.
3. 2 to 4 mutple choice, true/false quizzes.
4. Repeating students must 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.

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.

2 to 4 quizzes, multiple choice, true/false

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:

Instructor prepared materials