

CATALOG INFORMATION

Dept and Nbr: ATHL 22.1L Title: DEFENSIVE FOOTBALL LAB
Full Title: Defensive Football Laboratory
Last Reviewed: 2/11/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	0	11	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 34 - 4 Enrollments Total
Also Listed As:
Formerly: ATHL 22L.1

Catalog Description:

Introduction to the structure and development of various defensive football strategies. This course will include analysis of scouting reports and film reviews; as well as the practical application of various physical training concepts.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Introduction to the structure and development of various defensive football strategies. This course will include analysis of scouting reports and film reviews; as well as the practical application of various physical training concepts. (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:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1985	Inactive:	

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of this course, students will be able to:

1. Identify and explain basic offensive and defensive strategies.
2. Analyze offensive strategies and personnel through the use of film, scouting reports, and established offensive criteria.
3. Formulate a variety of defensive strategies based on specific offenses.

Topics and Scope:

I. Basic offensive and defensive strategies

- A. Run offense
- B. Pass offense
- C. Run defense
- D. Pass defense

II. Film and scouting report analysis

- A. Personnel and team performance assessment
- B. Opponent personnel and performance assessment

III. Defensive strategy development for specific offenses

- A. Run game
- B. Pass game

IV. Multiple defensive strategies

- A. Zone defense
- B. Man coverage
- C. Blitz game

Assignment:

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

Representative Assignments:

1. Writing defensive strategies
2. Creating and analyzing scouting reports
3. Developing a playbook
4. Diagramming specific offensive and defensive strategies
5. Film analysis
6. Note taking
7. Logs and critiques of offensive schemes
8. Mid term and final exam, multiple choice, true/false, matching

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.

Written homework, Notebook, Scouting reports, Playbook

Writing
10 - 30%

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.

Playbook, diagram specific off./def. strategies

Skill Demonstrations
10 - 30%

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

Multiple choice, True/false, Matching items, Completion

Exams
10 - 30%

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

Attendance and Participation

Other Category
30 - 60%

Representative Textbooks and Materials:

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