

CATALOG INFORMATION

Dept and Nbr: ATHL 22L.1 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	3.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	1.00	Lab Scheduled	4.00	6	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	5.00		Contact Total	87.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 122.50

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 34 - 4 Enrollments Total
Also Listed As:
Formerly: PE 73B

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:
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CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1985	Inactive:
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CID:

Certificate/Major Applicable:

Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

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

1. Identify basic offensive and defensive strategies.
2. Assess the opponent's offensive strategies and personnel through the use of film, scouting reports, and established offensive criteria.
3. Develop specific defensive strategies based on the assessment of the opponent's offense.
4. Formulate a variety of defensive strategies.

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:

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

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:

Instructor prepared materials