

# ATHL 0106 - FOOTBALL TRAINING

## Catalog Description

Formerly known as PHED 101

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced football skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Stresses football training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate football. May be taken four times for credit. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Compare and contrast football strategies.
- CSLO #2: Analyze team building techniques.
- CSLO #3: Demonstrate progression of strength training exercises.
- CSLO #4: Demonstrate advanced football training skills.

## Effective Term

Summer 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

29-174

## Outside of Class Hours

0

## Total Student Learning Hours

29-174

## Course Objectives

1. Analyze aspects of a quality football program as it relates to offensive and defensive strategies.
2. Evaluate off season strength and conditioning strategies.
3. Develop an off season agility drill and present it to the class.
4. Analyze team building dynamics in the game of football.
5. Analyze the mental game of football.
6. Analyze the NCAA football rule book
7. Demonstrate proper safety techniques used in the weight room during off season strength training exercises.
8. Implement off season strength and conditioning program for football.
9. Perform offensive signals used in no huddle offense.
10. Perform plays to defend a no huddle while on defense.
11. Demonstrate breathing techniques to use as a kicker before a big kick during a college football game.
12. Analyze and apply NCAA football rules.
13. Perform character building through community service projects.

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Classroom Discussions
  - Example: Students will successfully demonstrate the ability to complete a scouting report and present it to the class. A rubric will be used to score the assignment and a traditional grading scale will be used.
- Skill Demonstrations
  - Example: Students will be evaluated on proper safety techniques used in the weight room. Pass/Fail grading.

## Repeatable

Yes

## Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Discussion by the instructor on the various off season strength and conditioning scenarios. The students will examine the scenarios and discuss in small groups. (Objective 2)
2. The students will perform off season strength training exercises. The instructor will evaluate the technique used in during these exercises. (Objective 2)
3. The instructor will discuss how to signal basic offensive plays. The students will demonstrate their understanding of the basic signals by performing the correct play call that corresponds with the play signal. (Objective 3)

Distance Learning

1. The instructor will lecture on off season strength and conditioning strategies. The students will create a personal off season strength and conditioning program. (Objective 2)

## Typical Out of Class Assignments

### Reading Assignments

1. Read and apply Basic Defensive Football Playbook. 2. Read and apply Basic Offensive Football Playbook.

## Writing, Problem Solving or Performance

1. Prepare a written report on three basic offensive strategies. 2. Prepare a written report on three basic defensive strategies. 3. Demonstrate all basic special teams techniques.

## **Other (Term projects, research papers, portfolios, etc.)**

1. Perform community service project of 3 hour minimum.

## **Required Materials**

- 2019 NCAA Football Rules and Interpretations
  - Author: NCAA
  - Publisher: NCAA
  - Publication Date: 2019
  - Text Edition:
  - Classic Textbook?: No
  - OER Link:
  - OER:

**Other materials and-or supplies required of students that contribute to the cost of the course.**