

KIN 0029 - FLAG FOOTBALL

Catalog Description

Formerly known as PHED 29

Hours: 36 activity per unit

Description: Fundamental theory and practice of flag football skills and knowledge including: passing, kicking, receiving, blocking, defending and rushing. Covers the strategy of team play, rules and etiquette. Provides the opportunity for skill development and competition. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Outline the rules of flag football.
- CSLO #2: Identify specialized positions in flag football.
- CSLO #3: Differentiate between offensive and defensive basic skills in 7 person flag football.
- CSLO #4: Outline the fitness components related to flag football.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Discuss and analyze the etiquette and rules of eight person flag football.
2. Demonstrate the basic skills of offensive play; blocking, passing, receiving, rushing, snapping and kicking.
3. Demonstrate the basic skills of defensive play; defensive pass rush, defending the offensive receiver, defending the run and reading offensive playmaking.
4. Perform proper punting and snapping techniques.
5. Create and execute offensive strategies that include rushing and passing.
6. List all the different positions and duties involved in an eight person flag football team.
7. Exhibit leadership, time management and game strategy in competitive situations.
8. Diagram four of the basic offensive receiving patterns.
9. Diagram three of the basic rushing plays.
10. Improve their level of cardiovascular performance, flexibility, muscle strength and endurance to use to demonstrate a fitness ability as it relates to flag football.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Objective Examinations
 - Example: An objective test will be administered on the rules and etiquette of eight person flag football. The test will consist of 20 true/false, 10 terms to be defined and 20 short answers. Ex: How many points do you get when you score a touchdown? A. 3 B. 6 C. 7 D. None of the above
- Reports
 - Example: Students will read an article from a recent sports periodical that deals with steroids, aggression, gambling or scandals in professional sports. The student will write a one page report on the main highlights and offer an opinion on the issues being highlighted.
- Skill Demonstrations
 - Example: Students will demonstrate the proper techniques in handing off the football to a running back. Evaluation will be based upon accuracy of applying proper technique.

Repeatable

No

Methods of Instruction

- Activity

Activity:

1. The instructor will provide a list of recent books about the NFL, a player or a coach. After the instructor provides an overview of the assignment, students will read the book they have selected and write down an issue or an incident that was controversial or inspiring. After students have completed the reading, the instructor will lead a class discussion allowing students to share their reactions to their reading and evaluate the completed writing assignment.
2. The instructor provides a schedule of college football games and have students observe and formally strategize at least one game. After the evaluations are complete, the instructor will facilitate a discussion regarding the assignment, guiding students to identify the major contributors to the outcome of the game. The instructor will divide students into groups to discuss what coaching decisions they think should have been changed and why. At the conclusion of the group discussion, the instructor will lead a whole-class discussion comparing group findings.

Typical Out of Class Assignments

Reading Assignments

1. Students will read and outline Violations and Penalty chapter from the NCAA Football Rules and Interpretations book and discuss in class. 2. Students will read and outline the Play Calling chapter in the Football Coaching Bible and be prepared to present in class how play calling relates to key game situations.

Writing, Problem Solving or Performance

1. Design and compose a pre-game warm-up plan and a post game stretching program that will help to prevent injuries and improve performance involving all major muscle groups. 2. Design a 4 down game plan for the following situations: down by 7 less than 30 seconds on the clock and you are on the 10 yard line; down by 7 less than 15 seconds and on the 5 yard line; down by 7 with 45 seconds and on your own 40 yard line.

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

1. Create an offensive play book that can be used in class that contains 5 different rushing plays, 5 different pass options, special team plays and trick plays. Name, diagram and evaluate the goals of each play.

Required Materials

- The Football Coaching Bible
 - Author: American Football Coaches Association
 - Publisher: Human Kinetics Publishing
 - Publication Date: 2002
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:
- Football Essentials for Flag and Touch
 - Author: Johnny Johnson
 - Publisher: Total Health Publications
 - Publication Date: 2013
 - Text Edition: 2nd
 - Classic Textbook?:
 - OER Link:
 - OER:

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