

ATHL 0153 - INTERCOLLEGIATE FOOTBALL (M)

Catalog Description

Formerly known as PHED 142

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

Hours: 58 laboratory per unit

Description: Intercollegiate football competition conducted through NCAA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Analyze football scouting reports to identify game day strategies.
- CSLO #2: Compare and contrast new rule changes implemented annually.
- CSLO #3: Critique position skills from film analysis.
- CSLO #4: Explain the mental aspects to be successful in football.
- CSLO #5: Identify the aspects of leadership in athletics.

Effective Term

Summer 2020

Course Type

Credit - Degree-applicable

Contact Hours

58-174

Outside of Class Hours

0

Total Student Learning Hours

58-174

Course Objectives

1. Analyze aspects of a quality football program as it relates to offensive strategies.
2. Identify the benefits of using Air Raid Football signal calling system.
3. Evaluate defensive and offensive football strategies.
4. Develop a scouting report.
5. Analyze the mental game of football.
6. Demonstrate offensive techniques used to execute against different defenses.
7. Implement play calling strategies for a college football game.
8. Perform offensive signals used in no huddle offense.
9. Perform plays to defend a no huddle while on defense.
10. Demonstrate breathing techniques to use as a kicker before a big kick during a college football game.
11. Perform the steps to fielding a punt or kick off.

12. Demonstrate defensive goal line techniques used to defend heavy set offensive formations.

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: After analyzing and discussing opponents game film, analyze scouting report and demonstrate understanding of film analysis & scouting reports to the class. A rubric will be used to score the assignment and a traditional grading scale will be used.
- Skill Demonstrations
 - Example: Perform the steps to fielding a punt or kick off on special teams. Video analysis will be used to assess the skill. Rubric Grading.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Discussion by the instructor on the various defensive scenarios. The students will examine the scenarios and discuss in small groups. (Objective 3)
2. Instructor will lead a discussion on pre-game mental preparation and procedures. (Objective 5)
3. The students will perform plays to defend the goal line on defense. The instructor will evaluate the plays. (Objective 7)
4. The instructor will discuss how to signal offensive plays. The students will demonstrate their understanding of the signals by performing the correct play call that corresponds with the play signal. (Objective 3)

Distance Learning

1. The instructor will lecture on the steps to fielding a punt. The students will analyze the different steps for receive punts from different distances. (objective 11)

Typical Out of Class Assignments Reading Assignments

1. Read Defensive Football Playbook and scouting reports and be prepared to discuss in class. 2. Read Offensive Football Playbook and scouting reports and be prepared to discuss in class.

Writing, Problem Solving or Performance

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

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

Required Materials

- 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.