

KIN 0087C - THEORY OF FOOTBALL

Catalog Description

Formerly known as PHED 89F

Hours: 54 lecture

Description: Study and analysis of competitive football. Emphasis on defense, offense, special teams and strategies. Designed for students with football experience and/or the desire to coach football at any level. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Develop a football game strategy.
- CSLO #2: Develop and outline creative practice routines for offense, defense, and special teams.
- CSLO #3: Analyze game video and develop game plan strategies.
- CSLO #4: Analyze and develop individual and unit strategies.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

54

Outside of Class Hours

108

Total Student Learning Hours

162

Course Objectives

1. Create and develop football game strategy.
2. Develop and demonstrate graphically creative practice routines for offense, defense, and special teams.
3. Analyze game video and develop game plan strategies.
4. Practice and simulate mental approach and simulate action - knowing how to match your strength with their weakness.
5. Assess individual and unit strategies.
6. Compose a resume portfolio that includes a leadership plan, resume, reference sheet, practice plan, core values, and coaching philosophy.

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

- Objective Examinations
 - Example: Students will be given an objective examination and course material. Sample question: What are the pre-snap possibilities of coverage and give final answer of post-snap front and coverage? Students will be evaluated based upon the accuracy and knowledge of their answers.
- Projects
 - Example: Students will create a practice schedule.
- Other
 - Example: Students will create resume portfolio. Students will be evaluated based upon their completion of a resume portfolio that will prepare them for future job interviews in the coaching world.

Repeatable

No

Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Instructor will describe and assign two critical thinking exercises involving current relevant events from the media, discussing and analyzing how they relate to the subject matter. After students complete the assignment, instructor will lead a class discussion on student analysis.
2. Instructor will provide students with an offensive situation. The instructor will divide students into small groups to complete an instructor-designed worksheet that requires students to describe two scenarios that they would feel best in defending. In a whole-class discussion, the instructor will lead students in justifying their choices.

Distance Learning

1. Following an on-line lecture on developing a practice plan, students will create a practice plan and post for other student and instructor feedback. Students are required to comment on a minimum of 5 other student's plans.

Typical Out of Class Assignments Reading Assignments

1. Read and summarize articles from professional periodicals that illustrate the importance of leadership of football athletes and coaches.
2. Read and be prepared to discuss current events in the newspaper and/or internet websites that address football issues.

Writing, Problem Solving or Performance

1. After reviewing films, discuss and analyze various offensive and defensive strategies as well as analyze the coaching decisions that determined the outcome of the situations being analyzed.
2. Through

a class demonstration or video presentation, illustrate concepts of identifying multiple fronts and coverage.

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

1. Design and complete a Coaching Resume Portfolio.

Required Materials

- Football Made Easy
 - Author: Ace McCloud
 - Publisher: Ace's Ebooks
 - Publication Date: 2017
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:
- Football For Dummies
 - Author: Howie Long
 - Publisher: John Wiley & Sons
 - Publication Date: 2015
 - Text Edition: 5th
 - Classic Textbook?:
 - OER Link:
 - OER:

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