

# ATHL A254: FOOTBALL TEAM

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Eligibility auditions will be held during the first week of class. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Execute the skills of an offensive, defensive or special team player by participating in the training program in the daily practice sessions.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

## Course Objectives

- 1. Develop and improve skills necessary for intercollegiate athletic competition in football.
- 2. Learn the rules of the game of college football.
- 3. Display proper conduct on the field as spelled out in the California Community College Decorum Policy.
- 4. Demonstrate enjoyment of the athletic experience and be a member of a college intercollegiate team.
- 5. Use proper nutritional measures to maximize performance.
- 6. Set both personal and collective team goals, always striving for individual improvement and ultimate team success.

## Lecture Content

### Lab Content

To improve and develop skills in all aspects of football. To improve the knowledge of the game and strategies of football. Assess the skills of the athlete and place them at a position where they will have the greatest success both personally and collectively. 1. Become more efficient in

the skills of: Offense: a. Blocking b. Running with the ball c. Throwing the football d. Catching the football Defense: a. Tackling b. Catching the football c. Stripping the ball carrier 2. Rules of the game 3. Proper conduct on the field. Taking the course four times enhances skills by supervised repetition and practice.

## Method(s) of Instruction

- Lab (04)

## Instructional Techniques

Lecture as whole team, small group discussion, video/DVD, video lectures, drill work on field.

## Reading Assignments

NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

## Writing Assignments

Small group chalk talk demonstration of assignments. Writing of goals at the start of the second year.

## Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

## Demonstration of Critical Thinking

Participation, successful performance, demonstration of football skills in the game and practice.

## Required Writing, Problem Solving, Skills Demonstration

Small group chalk talk demonstration of assignments. Writing of goals at the start of the second year.

## Other Resources

1. DVD and VCR evaluation of practice, games.
2. Computer analysis of opponents
3. NCAA Football Guide current edition (revised annually)