

KIN A158: FLAG FOOTBALL LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)

Course Description

This course is designed for students who have little to no football playing experience. This course will teach the fundamentals of football and provide beginners with a safe environment to learn the game. Students will learn basic football terminology, philosophy, schemes, and learn new skills required to play the game. Students will also learn the important of nutrition and teamwork. The course will be a combination of classroom time and field work. Students will be expected to apply information learned in the classroom onto the field. 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 basic techniques needed to participate in a flag football game
2. Apply knowledge of rules and regulations of a football game
3. Apply knowledge of offensive and defensive schemes in a football game.

Course Objectives

- 1. 1. Develop a knowledge and understanding of the rules and reg
- 2. 2. Develop a knowledge and understanding of terminology and offensive and defensive scheme.
- 3. 3. Develop a knowledge and understanding of the proper safety precautions when participating in games
- 4. 4. Develop a knowledge and understanding of basic pre-game and post-game nutrition and hydration.
- 5. 5. Demonstrate the skills needed to play the game, which include running, throwing, catching, route running, flag pulling, and coverage technique.

Lecture Content

LECTURE CONTENT: Rules and Regulations of the Game Overview of basic rules of play Field dimensions Penalties Nutrition and Hydration Basic knowledge of proper nutrition and hydration Basic Football Terminology Offensive terminology Defensive terminology Basic Offensive Strategies Formations Run plays Pass plays Basic Defensive Strategies Defensive formations Run defense Pass defense Basic Football Skills Throwing Catching Route running Flag pulling Defending passes

Lab Content

LABORATORY CONTENT: Daily Skill Drills Drills designed to acquire and refine basic football skills Basic field training to increase cardiovascular endurance and agility Application of rules skills in competitive games

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

A. Lecture (Powerpoint) B. Small Large Group Discussion C. Group Project D. Videos E. Demonstration of Techniques

Reading Assignments

Short Written Assignments Reading Assignments Video Demonstrations

Writing Assignments

Design Plays, workouts, summaries of videos

Out-of-class Assignments

Design Plays, workouts, summaries of videos 1-2 hours of weekly homework of reading handouts followed by class discussion

Demonstration of Critical Thinking

Test Questions or Short Answers: Analysis and evaluation of offensive and defensive scheme in a game situation

Required Writing, Problem Solving, Skills Demonstration

Test Questions or Short Answers One to two-page report. Suggested thesis: Defensive/Offensive game plan, history of football, different training methods.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Instructor provided materials and handouts