

ATHL 4: INTERCOLLEGIATE FOOTBALL I (MEN)

Foothill College Course Outline of Record

Heading	Value
Units:	2
Hours:	6 laboratory per week (72 total per quarter)
Advisory:	Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

Student Learning Outcomes

- Perform with an increasing degree of proficiency the offensive and defensive skills of football.
- Describe the technical and tactical skills of football.

Description

Competitive intercollegiate football emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the men's football team.

Course Objectives

The student will be able to:

- perform football skills related to each athlete's specialization and team objectives
- prepare to compete in highly organized team sport at a maximum level of competition
- apply and practice skills learned and show improvement
- analyze effectively the other team's play and strategies
- demonstrate through performance the development of physical fitness levels in strength
- identify official rules and their interpretations to enhance performance
- display proper sportsmanship both on and off the field
- explain the elements and the actions involved in an athletic philosophy

Course Content

- Advanced development of fundamental football skills

- passing
 - receiving
 - blocking
 - punting
 - running
 - kicking
 - formation
- Offensive formations and strategies
 - offensive running formations
 - pro-formation and blocking schemes
 - two tight end formation and blocking schemes
 - slot formations and blocking schemes
 - split back formations and blocking schemes
 - offensive pass formation
 - pro formation
 - two tight end formation
 - float formation
 - I formation
 - split back information
 - offensive strategies
 - running game
 - off-tackle
 - middle traps
 - sweeps
 - options
 - passing game
 - flats
 - middle curl area
 - post or flag area
 - floods
 - Defensive formations and strategies
 - general principles of pass coverage, adjustments, and variation defenses
 - right and left corner position
 - alignment and adjustment
 - responsibility against run and pass
 - strong safety position
 - Physical fitness development
 - muscle strength
 - muscle endurance
 - flexibility
 - body composition
 - Rules and interpretations
 - penalties
 - scoring
 - time-outs
 - formation alignments
 - overtime
 - field boundaries
 - Sportsmanship and etiquette
 - mutual respect
 - distracting an opponent
 - joy of competition
 - zeal for excellence
 - rivalry and camaraderie
 - Individual and team philosophy
 - motivation
 - philosophy
 - pride
 - excellence
 - sacrifice
 - success

- 7. integrity
- 8. perseverance

Lab Content

Blocking, kicking, passing, running and tackling.

Special Facilities and/or Equipment

Collegiate football field, football shoes and pads.

Method(s) of Evaluation

A. Subjective assessments of physical skills and performance by direct coach's observation

- 1. individual and team verbal critiques
- 2. video analysis
- 3. student-athlete counseling: academic involvement, athletic department, eligibility
- 4. individual improvement, performance, and contribution to the total team effort

B. Objective assessment of performance

- 1. participation athletic competitions
- 2. final evaluations

Method(s) of Instruction

Demonstration, drills and corrective feedback. Video analysis is used.

Representative Text(s) and Other Materials

NCAA Football Rules and Interpretations 2016 and 2017. Note: The most recent edition of the rules and interpretations will be used; annual updates are available online at www.ncaa.org/championships/playing-rules

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional reading and writing assignments as determined applicable by instructor.

Discipline(s)

Physical Education, Coaching