ATHL 4: INTERCOLLEGIATE FOOTBALL I (MEN)

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
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:

a. Perform football skills related to each athlete's specialization and team objectives
b. Prepare to compete in highly organized team sport at a maximum level of competition
c. Apply and practice skills learned and show improvement
d. Analyze effectively the other team's play and strategies
e. Demonstrate through performance the development of physical fitness levels in strength
f. Identify official rules and their interpretations to enhance performance
g. Display proper sportsmanship both on and off the field
h. Explain the elements and the actions involved in an athletic philosophy

Course Content

a. Advanced development of fundamental football skills
    i. Passing
    ii. Receiving
    iii. Blocking
    iv. Punting
    v. Running
    vi. Kicking
    vii. Formation
b. Offensive formations and strategies
    i. Offensive running formations
        1. Pro-formation and blocking schemes
        2. Two tight end formation and blocking schemes
        3. Slot formations and blocking schemes
        4. Split back formations and blocking schemes
    ii. Offensive pass formation
        1. Pro formation
        2. Two tight end formation
        3. Float formation
        4. I formation
        5. Split back information
    iii. Offensive strategies
        1. Running game
            a. Off-tackle
            b. Middle traps
            c. Sweeps
            d. Options
        2. Passing game
            a. Flats
            b. Middle curl area
            c. Post or flag area
            d. Floods
c. Defensive formations and strategies
    i. General principles of pass coverage, adjustments, and variation defenses
    ii. Right and left corner position
        1. Alignment and adjustment
        2. Responsibility against run and pass
        3. Strong safety position
d. Physical fitness development
    i. Muscle strength
    ii. Muscle endurance
    iii. Flexibility
    iv. Body composition
e. Rules and interpretations
    i. Penalties
    ii. Scoring
    iii. Time-outs
    iv. Formation alignments
    v. Overtime
    vi. Field boundaries

f. Sportsmanship and etiquette
    i. Mutual respect
    ii. Distracting an opponent
    iii. Joy of competition
    iv. Zeal for excellence
    v. Rivalry and camaraderie
g. Individual and team philosophy
    i. Motivation
    ii. Philosophy
    iii. Pride
    iv. Excellence
    v. Sacrifice
    vi. Success
    vii. Integrity
    viii. Perseverance

Lab Content

a. Blocking
b. Kicking
c. Passing
d. Running
e. Tackling

Special Facilities and/or Equipment

1. Collegiate football field, football shoes, and pads.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access. Students may need to secure their own access to equipment specific to the sport.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

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
Objective assessment of performance
1. Participation athletic competitions
2. Final evaluations

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Demonstration
Drills
Corrective feedback
Video analysis is used

Representative Text(s) and Other Materials

. NCAA Football Rules and Interpretations 2022. .

The most recent edition of the rules and interpretations will be used; annual updates are available online at https://www.ncaa.org/sports/2021/2/9/playingrules.aspx

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 or Coaching