

# ATHL 4A: PRESEASON CONDITIONING FOR FOOTBALL

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	2
Hours:	6 laboratory per week (72 total per quarter)
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

- Upon completion students should be able to understand and apply to rules and etiquette of the sport of football
- Upon completion the student should be able to demonstrate the techniques in the game of football in each of the fundamental skills - tackling, passing, catching, running with the football, kicking and punting.

## Description

The development of athletic skills and mental conditioning which is required to be successful in the intercollegiate sport of football.

## Course Objectives

The student will be able to:

- Demonstrate the skills necessary to compete on an intercollegiate football team at a maximum level of performance
- Explain the value of sport in developing commitment, self-discipline, self-respect, and teamwork, and adhere to an athletic code of excellence through exemplary deportment both on and off the field of competition
- Discuss and demonstrate effective strategies required by the sport of football
- Demonstrate increased strength, endurance, stamina, flexibility, and knowledge of a healthy diet

## Course Content

- Advanced development of fundamental skills applicable to the sport of football
  - Individual physical skills relative to football
  - Team skill/plays/strategies relative to football
- Physical fitness development
  - Muscular development
  - Muscular endurance
  - Cardiovascular fitness

- Flexibility
  - Nutritional knowledge
- Stress and pressure/mental game
    - Choking and safeguards against pressure
    - When to take chances and when to play it safe
    - Concentration and "the zone"
  - Rules
    - Video on the rules of football
    - How to use the rulebook for football
    - Appropriate behavior during competition
  - Practice sessions
    - Individual skills/techniques
    - Team drills/strategies
  - Sportsmanship and etiquette
    - Mutual respect
    - Rivalry and camaraderie
    - Zeal for excellence
  - Individual and team philosophy
    - Motivation
    - Pride
    - Excellence
    - Sacrifice
    - Success
    - Integrity
    - Perseverance

## Lab Content

Activities and drills that promote the student's development in the sport of football, such as blocking, tackling, passing, running, kicking.

## Special Facilities and/or Equipment

- Equipment required for the sport of football.
- 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:

- Physical skills and techniques will be assessed by direct instructor observation
- Individual and team verbal critiques
  - Video analysis
  - Individual improvement, performance, and contribution to team effort

## Method(s) of Instruction

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

- Lecture presentations and team discussion  
Facilitation of drills and activities that promote learning objectives

## **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 recommended by instructor.

## **Discipline(s)**

Physical Education or Coaching