ATHL 4B: SPORT TECHNIQUES & CONDITIONING FOR FOOTBALL

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2025
Units:	2
Hours:	6 laboratory per week (72 total per quarter)
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area 7: 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 identify weight management principles, basic physiology of exercise and enjoyment of the sport of football.
- Upon completion students should be able to utilize a variety of exercise modes and techniques to improve muscular strength, endurance, flexibility and cardio-respiratory endurance in the sport of football

Description

This course teaches and provides practice in specific techniques and conditioning for the sport of football. This includes drills, weight and flexibility training, and cardio-respiratory development.

Course Objectives

The student will be able to:

1. Assess and improve muscle strength and muscle endurance used for the sport of football
2. Design and practice a program of effective muscle-training exercises
3. Define and assess flexibility and describe the benefits of increased flexibility for the sport of football
4. Demonstrate football specific strength exercises and routines
5. Practice specific aerobic and anaerobic training
6. Demonstrate and assess sport techniques for football

Course Content

1. Assess and improve muscle strength and endurance
    a. Practice a program of progressive overloading with an understanding of repetitions and sets
    b. Physical testing to determine the measure for repetition maximums
    c. Demonstrate the ability to select the weight and exercise for targeting each major muscle group
    d. Perform and understand the importance of multiple joint exercise
2. Design a program of effect muscle training exercise for the sport of football
    a. Design a program for circuit training exercises that are sport specific
    b. Perform proper free weight lifting techniques
    c. Explain the advantages and disadvantages of free weights vs. weight machines
3. Define and assess flexibility and describe the benefits of increased flexibility for football specific training
    a. Explain the following factors and their influence on flexibility: muscle temperature, physical activity, age, and disease
    b. Assess flexibility at four joint sites
4. Demonstrate football specific flexibility exercises and routines
    a. Practice football specific stretching routines
    b. Demonstrate PNF stretching exercises
5. Practice football specific aerobic and anaerobic training
    a. Measure and assess individual cardio-respiratory endurance
    b. Practice proper warm-up for aerobic and anaerobic exercise
6. Demonstrate and assess sport technique for competitive football training
    a. Analyze football tapes for successful techniques
    b. Practice sport techniques that develop skills for competitive football

Lab Content

1. Lifting
2. Running
3. Blocking
4. Tackling
5. Kicking
6. Stretching

Special Facilities and/or Equipment

1. Football specific equipment.
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:

Football specific pre- and post-test for individual strength, flexibility, and endurance

Method(s) of Instruction

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

Discussion
Cooperative learning exercises
Demonstrations

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