



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 36ABC  
**Descriptive Title:** Off-Season Training for Men's Intercollegiate Football Team

**Course Disciplines:** Physical Education  
or Coaching

**Division:** Health Sciences and Athletics

**Catalog Description:** This course provides instruction, training, and practice in the advanced techniques of football. All students will engage in an off-season program emphasizing instruction, skill development, strength training, and conditioning.

*Note: This course is offered in the spring semester and summer session only.*

**Conditions of Enrollment:** Recommended Preparation  
High school varsity experience or equivalent skill

**Course Length:**  Full Term  Other (Specify number of weeks):  
**Hours Lecture:** 0 hours per week  TBA  
**Hours Laboratory:** 3.00 hours per week  TBA  
**Course Units:** 1.00

**Grading Method:** Letter  
**Credit Status:** Associate Degree Credit

**Transfer CSU:**  Effective Date: Prior to July 1992  
**Transfer UC:**  Effective Date: Spring 1994

**General Education:**  
**El Camino College:** 5 – Health and Physical Education  
Term: \_\_\_\_\_ Other: \_\_\_\_\_

**CSU GE:** \_\_\_\_\_  
**IGETC:** \_\_\_\_\_

### II. OUTCOMES AND OBJECTIVES

**A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)**

1. Student will demonstrate the proper technique of the skills needed for his specific position on the football team.
2. Student will evaluate his performance and determine areas of personal improvement.
3. Student will describe the basic terminology of either the offensive or defensive system.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

**B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)**

1. Apply the rules of intercollegiate football competition appropriately.  
Class Performance
2. Analyze and perform offensive techniques such as the short, medium, and long pass against a man-to-man defense.  
Class Performance
3. Analyze and perform defensive techniques such as the pass rush against a double-team block and the back-peddle against a receiver in man-defense.  
Class Performance
4. Design an off-season football strength and conditioning program utilizing a combination of football drills and running workouts (aerobic and anaerobic training).  
Class Performance

**III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)**

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	4	I	Course Orientation A. Safety precautions for practice and drill competition B. Football rules and regulations C. Football Terminology
Lab	12	II	Offensive Fundamentals: A. Pass and run blocking B. Passing – short and long C. Rushing – inside and outside D. Specialty teams – punt, kickoff
Lab	12	III	Defensive fundamentals: A. Pass rush B. Run defense C. Pass defense – man and zone

			D. Specialty teams – field goal and receiving teams
Lab	12	IV	Conditioning A. Strength Training B. Aerobic conditioning C. Anaerobic conditioning
Lab	12	V	Class competitions A. 7 on 7 simulated game B. 11 on 11 simulated game
Lab	2	VI	Evaluations A. Player evaluation B. Analysis
<b>Total Lecture Hours</b>		0	
<b>Total Laboratory Hours</b>		54	
<b>Total Hours</b>		54	

#### **IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS**

##### **A. PRIMARY METHOD OF EVALUATION:**

Skills demonstrations

##### **B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:**

Describe and demonstrate the basic football skills of short and long passing and pass receiving, accepting a pitchout and executing a punt.

##### **C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:**

1. After reviewing videotape of a zone defense, design an offensive pass play that would flood the zone and leave a receiver open. Demonstrate the offensive play in class/practice.
2. Observe a demonstration of an offensive lineman pass blocking. Analyze the mechanics, identify faults, and suggest any corrective action necessary. Present your analysis and suggest corrections in an oral class presentation.

##### **D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:**

Class Performance

#### **V. INSTRUCTIONAL METHODS**

Demonstration

Lecture

Multimedia presentations

Other (please specify)

Multimedia analysis of offensive and defensive drills and 11 on 11 scrimmage

Multimedia analysis of elite athletes

Supervised drills and class competition

**Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.**

## VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

**Estimated Independent Study Hours per Week:**

## VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

## VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills
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C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Non-Course Recommended Preparation  High school varsity experience or equivalent skill	Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.

D. Recommended Skills

Recommended Skills
High school varsity or equivalent athletic skill

E. Enrollment Limitations

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**Course created by Gene Engle on 03/13/2018.**

**BOARD APPROVAL DATE: 02/12/1990**

**LAST BOARD APPROVAL DATE: 05/22/2018**

**Last Reviewed and/or Revised by Gifford Lindheim on 03/13/2018**

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