



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 35abc
Descriptive Title: Men's Intercollegiate Football Team

Course Disciplines: Physical Education
or Coaching

Division: Health Sciences and Athletics

Catalog Description: This course provides instruction and practice in the advanced offensive and defensive techniques and strategies of football and the opportunity for intercollegiate competition. Student-athletes may compete against conference schools and other colleges.

Note: This course is offered in the fall semester 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: 10.00 hours per week TBA
Course Units: 3.00

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 specific skills needed for successful participation in intercollegiate football.
2. Student will be able to identify the terminology of either the offensive or defensive system of play and demonstrate the understanding during practice.
3. Student will identify the rules of play that pertain to their specific skill position.

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. Comprehend and apply the rules and regulations of football competition.
Class Performance
2. Analyze and perform offensive skills such as passing, receiving, rushing (inside and outside the tackles), and blocking (pass and rush).
Class Performance
3. Analyze and perform defensive skills such as pass coverage, tackling the rusher (simulated), and shedding blockers.
Class Performance
4. Evaluate offensive passing techniques against both a zone and man-to-man defense.
Class Performance
5. Evaluate rush defense against multiple offensive formations.
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	5	I	Orientation A. Safety precautions B. Rules and regulations C. Team etiquette and decorum D. Training Room regulations E. Locker Room regulations
Lab	60	II	Offensive Team Drills and Strategy A. Rushing B. Passing C. Receiving D. Blocking E. Strategy

Lab	60	III	Defensive Team Drills and Strategy A. Tackling B. Pass rush C. Pass defense 1. man concept 2. zone concept D. Strategy
Lab	35	IV	Conditioning A. Strength/ explosive strength training B. Speed and agility training C. Flexibility D. Muscle Endurance E. Core training
Lab	20	V	Special Team Drills A. Extra point B. Field goal C. Punt D. Kickoff E. Receiving teams
Lecture	0	VI	
Total Lecture Hours		0	
Total Laboratory Hours		180	
Total Hours		180	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Determine the type of pass (screen, flat, out deep) that would be used against man-to-man defense. Demonstrate in practice the proper backs and ends player positioning to execute the pass play.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Distinguish between the basic skills necessary to execute a flat pass and a post pass. Create a play for each against a zone defense. Demonstrate the play in practice.
2. After reviewing videotape of a split end, one-back offense, design a defensive alignment that would prevent both a screen pass or a draw play up the middle.

Demonstrate the play in practice.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Class Performance

Other (specify):

Intercollegiate competition

V. INSTRUCTIONAL METHODS

Demonstration

Group Activities

Lecture

Multimedia presentations

Other (please specify)

Multimedia analysis of the team's practice drills and games

Multimedia analysis of NCAA and professional football games

Lectures and demonstrations with explanations

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: 0

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

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Non-Course Recommended Preparation High school varsity experience or equivalent skill	Students wishing to enroll in this athletic development course should demonstrate proficiency to perform the skills necessary for competitive performance as well as the health and safety of all participants.

D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Gene Engle on 09/01/1989.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 11/20/2017

Last Reviewed and/or Revised by Gifford Lindheim on 04/05/2017