



**COURSE OUTLINE : ATHPE 117**  
**D Credit – Degree Applicable**  
**COURSE ID 003057**  
**Cyclical Review: August 2020**

**COURSE DISCIPLINE :** ATHPE  
**COURSE NUMBER :** 117  
**COURSE TITLE (FULL) :** Intercollegiate Football  
**COURSE TITLE (SHORT) :** Intercollegiate Football

### **CATALOG DESCRIPTION**

ATHPE 117 is an advanced course designed for students who plan to compete at the collegiate level in the sport of football. This course emphasizes conditioning, advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards for the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies.

### **CATALOG NOTES**

Note: This class is designed for the intercollegiate football team. Note: May be taken 4 times for credit.

Total Lecture Units: 1.50

Total Laboratory Units: 1.00

**Total Course Units: 2.50**

Total Lecture Hours: 27.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

**Total Contact Hours: 81.00**

**Total Out-of-Class Hours: 54.00**

Prerequisite: None.



**ENTRY STANDARDS**

	<b>Subject</b>	<b>Number</b>	<b>Title</b>	<b>Description</b>	<b>Include</b>
1				Apply a variety of football skills appropriate for intercollegiate football;	Yes
2				integrate National Collegiate Athletic Association (NCAA) rules and CCCAA decorum policies into weekly competition;	Yes
3				display cardiovascular health, muscular strength and endurance;	Yes
4				display cardiovascular health, muscular strength and endurance;	Yes
5				utilize verbal communication and football terms necessary for collegiate competition;	Yes
6				demonstrate how to apply workable solutions within a team environment.	Yes

**EXIT STANDARDS**

- 1 Identify and analyze concepts of individual strategies;
- 2 identify and analyze concepts of team strategies;
- 3 utilize and apply film analysis and simulated game situations for competition;
- 4 show advanced collegiate level skills;
- 5 review and practice offensive schemes;
- 6 review and practice defensive schemes;
- 7 breakdown and apply practical and general knowledge of the game of football;
- 8 model and apply practical and general knowledge of rules and decorum policies;
- 9 integrate conditioning and weight training into daily practices;
- 10 recognize the role of nutrition in athletic performance;
- 11 demonstrate the ability to work with a team as a unit and develop team concepts.

**STUDENT LEARNING OUTCOMES**

- 1 implement and apply technical and tactical skills necessary for collegiate competition;
- 2 integrate and execute advanced cooperative skills needed to perform at a high level of play;
- 3 demonstrate and apply safety rules and procedures to effectively participate in a collegiate sport.



**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	Description	Lecture	Lab	Total Hours
1	Team Philosophies and Rules of Football <ul style="list-style-type: none"> <li>• Sportsmanship</li> <li>• Team rules</li> <li>• Individual/team goal setting</li> <li>• NCAA rules</li> <li>• California Community College Athletic Association Decorum</li> <li>• Training room policies and procedures for treatment</li> </ul>	4	0	4
2	Safety for Football <ul style="list-style-type: none"> <li>• Proper warm up</li> <li>• Proper cool down</li> <li>• Strength training to prevent injury</li> <li>• Proper use of football equipment</li> </ul>	8	0	8
3	Fundamental Conditioning for Football <ul style="list-style-type: none"> <li>• Agility</li> <li>• Coordination</li> <li>• Specific muscle group development</li> <li>• Muscular and cardiovascular endurance</li> <li>• Plyometric</li> <li>• Core training</li> </ul>	0	8	8
4	Advanced Fundamental Skills in Football <ul style="list-style-type: none"> <li>• Offensive lineman</li> <li>• Offensive back</li> <li>• Tight end</li> <li>• Wide receiver</li> <li>• Quarterback</li> <li>• Linebacker</li> <li>• Defensive back</li> <li>• Punter</li> <li>• Place kicker</li> </ul>	0	12	12
5	Offensive Strategies for Intercollegiate Football Competition <ul style="list-style-type: none"> <li>• Running game</li> <li>• Inside runs</li> <li>• Outside runs</li> <li>• Traps</li> <li>• Counters</li> <li>• Passing Game</li> <li>• Quick passes</li> <li>• Dropback passes</li> <li>• Rollout passes</li> <li>• Play-action passes</li> </ul>	0	13	13



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6	Defensive Strategies for Intercollegiate Football Competition <ul style="list-style-type: none"> <li>• Run Defense</li> <li>• Front alignments and movements</li> <li>• Secondary support</li> <li>• Stunt packages</li> <li>• Pass Defense</li> <li>• Pass rush</li> <li>• Pass coverage</li> <li>• Blitz packages</li> </ul>	0	13	13
7	Kicking Game Strategies for Intercollegiate Football <ul style="list-style-type: none"> <li>• Punting</li> <li>• Punt returns</li> <li>• Pick-off</li> <li>• Kick-off returns</li> <li>• Point-after-touchdowns and field goals</li> </ul>	0	8	8
8	Understanding Team Dynamics <ul style="list-style-type: none"> <li>• Creating a positive team environment</li> <li>• Effective communication</li> <li>• Dealing with failure</li> </ul>	8	0	8
9	Nutrition for the Competitive Athlete <ul style="list-style-type: none"> <li>• Hydration</li> <li>• Eating balanced meals</li> <li>• Carbohydrate and protein combinations</li> <li>• Packing smart snacks</li> <li>• Supplements: Good or bad</li> </ul>	6	0	6
10	Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition <ul style="list-style-type: none"> <li>• Gender</li> <li>• Race/ethnicity</li> <li>• Sexuality</li> <li>• Religion</li> </ul>	1	0	1
				<b>81</b>

**OUT OF CLASS ASSIGNMENTS**

- 1 game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback);
- 2 game analysis (e.g. written summary and review of game film both team and individual);
- 3 statistical analysis (e.g. written summary of expectations of opponents as it applies to their game statistics).



**METHODS OF EVALUATION**

- 1 demonstration evaluations (e.g. execution of offensive and defensive plays);
- 2 biomechanical analysis through video;
- 3 weekly competition;
- 4 written and verbal exams (e.g. offensive and defensive sign system).

**METHODS OF INSTRUCTION**

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

**TEXTBOOKS**

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Football 2020 Rules and Interpretations		National Collegiate Athletic Association, 2020. Digital file.			National Collegiate Athletic Association		2020