

COURSE OUTLINE

**Kinesiology 195
Football Theory
(Previously Physical Education 195)**

Catalog Statement

KIN 195 is theory and development of offensive and defensive formations and strategies in football.

Total Lecture Units: 2.0

Total Laboratory Units: 0.0

Total Course Units: 2.0

Total Lecture Hours: 32.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 32.0

Recommended Preparation: Knowledge of football fundamentals.

Note: KIN 195 is recommended for kinesiology majors.

Course Entry Expectations

Skill Level Ranges: Reading 4; Writing 4; Listening/speaking 4; Math 2.

Prior to enrolling in the course, the student should be able to:

- understand basic football strategies;
- follow verbal instructions and understand practice organization;
- demonstrate conceptual understanding of basic football skills;
- transfer practice skills and strategies to game situations.

Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- demonstrate and understand basic offensive and defensive terminology and formations;
- critically analyze offensive and defensive strategy;
- apply the basic philosophy of the Glendale College Football program;
- demonstrate a knowledge of the value of teamwork as it applies to successful execution of an offensive or defensive scheme;
- demonstrate an understanding of the basic rules and conduct of intercollegiate football.

Course Content

Total Faculty Contact Hours = 32.0

Introduction of Basic Philosophy for Football (4 hours)

Player regulations and policies

Training rules

Offensive Philosophy for Football (8 hours)

Terminology

Formations

Running plays

Passing plays

Special plays

Special situations

Defensive Philosophy for Football (8 hours)

Terminology
Defensive fronts
Defensive coverage
Special situations

Kicking Game Philosophy for Football (8 hours)

Terminology
Extra point
Field goal
Punt formation
Punt return
Kick-off coverage
Kick-off return
Trick plays

Scouting Reports for Football (4 hours)

Film breakdown
Coaches notes

Methods of Instruction

The following methods of instruction may be used in the course:

- lecture;
- video analysis of practice sessions, games, and opponents.

Out of Class Assignments

The following out of class assignments may be used in the course:

- written assignments (e.g. practice reflection);
- individual goal setting (e.g. worksheet practice goals).

Methods of Evaluation

The following methods of evaluation may be used in the course:

- mid-term exam;
- quizzes on offensive and defensive game plans and scouting reports;
- final examination.

Textbook

Bass, Thomas. *Football Skills and Drills*. 2nded. Champaign, Illinois: Human Kinetics, 2012. Print.
12.9 Grade Text Book Reading Level. ISBN – 13: 978-0736090766

National Collegiate Athletic Association. *NCAA Football 2013 and 2014 Rules and Interpretations*. 2013. Print.
13.9 Grade Textbook Reading Level. ISSN: 0736-5144

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- execute and apply levels of defensive strategies;
- execute and apply levels of offensive strategies;
- understand decorum rules and conduct of collegiate competition.