COURSE OUTLINE

Kinesiology 196
Advanced Football Theory
(Previously Physical Education 196)

Catalog Statement

KIN 196 covers advanced theoretical foundations and strategies of 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

Prerequisite: KIN 195 or equivalent.

Note: KIN 196 is recommended for kinesiology majors and students who are participating in varsity football for a second year.

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:
* 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 Exit Standards

Upon successful completion of the required coursework, the student will be able to:
* identify and analyze advanced styles of offensive schemes and strategies;
* identify and analyze advanced styles of defensive schemes and strategies;
* show an advanced knowledge of strategies as they apply to all phases of the kicking game;
* examine and relate critical factors in scouting an opponent's defensive and offensive system;
* demonstrate an awareness of the value of leadership on team dynamics as they apply to football.

Course Content   **Total Faculty Contact Hours = 32.0**

Introduction to Program for Football **(4 hours)**
        Player regulations and policies
        General practice organization
        Eligibility requirements

Team Dynamics
Advanced Offensive Strategies for Football **(8 hours)**
Terminology
Audible system
Adaptation to various defensive strategies
Advanced Defensive Strategies for Football **(8 hours)**
Terminology
Front alignment and movements
Slant principles
Angle principles
Control principles.
Pass coverage schemes
Zone coverage
Man coverage
Combination coverage
Advanced Kicking Game Strategies for Football **(8 hours)**
Kick-Off
Basic
Trick
On-sides
Audible calls
Kick-Off return
Basic
Trick plays
On-side alignments
Punt
Base formation
Trick plays
Punt return
Block schemes
Special trick situations
Calls
Advanced Scouting Reports for Football **(4 hours)**
Offensive and defensive information breakdown
Video study techniques
Game plan formation

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. game reflection);
- weekly goal setting (e.g. worksheet game 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(s)

Bass, Thomas. *Football Skills and Drills*. 2nd ed. Champaign, Illinois: Human Kinetics, 2012. Print.
13.9 Grade Textbook Reading Level. ISBN – 13: 978-0736090766

National Collegiate Athletic Association. *NCAA Football 2013 and 2014 Rules and Interpretations*. 2013. Print
13.9Grade 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 advanced defensive strategies;
- execute and apply levels of advanced offensive strategies;
- apply and relate decorum rules and conduct of collegiate competition.