

PE210 : Flag Football I

General Information

Author:	<ul style="list-style-type: none">Erin Calderone
Course Code (CB01) :	PE210
Course Title (CB02) :	Flag Football I
Department:	PE
Proposal Start:	Fall 2024
TOP Code (CB03) :	(0835.00) Physical Education
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000574400
Curriculum Committee Approval Date:	05/22/2024
Board of Trustees Approval Date:	07/16/2024
Last Cyclical Review Date:	05/22/2024
Course Description and Course Note:	PE 210 is instruction and practice in the fundamentals of flag football with a focus on the development of team play and competition. This course covers the fundamental motor skills of flag football and introduces the student to the rules of different organizations, proper etiquette, and team strategies for game play. Social skills, sportsmanship and teamwork are emphasized.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	
Author:	
Course Family:	

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Physical Education
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07) 1

Maximum Credit Units (CB06) 1

Total Course In-Class (Contact) Hours 54

Total Course Out-of-Class Hours 0

Total Student Learning Hours 54

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	3	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	0
Laboratory	54
Studio	0
Total	54

Course Out-of-Class Hours

Lecture	0
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Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entry Standards

Entry Standards

Perform moderate daily physical activity.

Demonstrate and maintain a positive attitude in a group environment.

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Discussion

Methods of Instruction Guest Speakers

Methods of Instruction Laboratory

Methods of Instruction	Multimedia			
Methods of Instruction	Presentations			
Out of Class Assignments				
<ul style="list-style-type: none"> • Written analysis (e.g. written analysis of rule variations between different flag football organizations) • Self evaluation (e.g. written evaluation of performance in tournament play) 				
Methods of Evaluation	Rationale			
Other	Practical examination			
Exam/Quiz/Test	Written midterm examination			
Exam/Quiz/Test	Written final examination			
Other	Participation in class tournament			
Textbook Rationale				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value
Other Instructional Materials (i.e. OER, handouts)				
Description	NFL Flag Football 2024 Official Rulebook			
Author	National Football League			
Citation	https://cdn.mediavalet.com/usca/rcx/DgBtnnoMFUCXWCBQE3YN2w/XMiAtpBTH0er4fUrKeYJAQ/Original/NFL_Flag_Rulebook_21423.pdf			
Online Resource(s)				
Materials Fee				
No value				

Learning Outcomes and Objectives
Course Objectives
Recite rules and conduct of the game.
Use basic football terminology.
Develop fundamental skills as they apply to various positions played.
Explain basic offensive and defensive strategies.
Demonstrate sportsmanship in competitive situations.

SLOs

Describe the rules and scoring of flag football.

Expected Outcome Performance: 70.0

ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or
Core methodologies to solve unique problems.
ILOs

Demonstrate fundamental skills for flag football.

Expected Outcome Performance: 70.0

ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or
Core methodologies to solve unique problems.
ILOs

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.

Expected Outcome Performance: 70.0

ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or
Core methodologies to solve unique problems.
ILOs

Course Content

Lecture Content

No value

Laboratory/Studio Content

Introduction to Flag Football (4 hours)

- Origin
- Equipment
- Scoring

Fundamental Skills (6 hours)

- Passing
- Punting
- Kicking
- Blocking
- Running
- Hiking

Rules (6 hours)

- Variations between organizations
- Offensive penalties
- Defensive penalties
- Equipment
- Play situations
- Strategy

Individual Play (19 hours)

- Fundamentals
- Competition
- Practice
- Strategy
- Evasive techniques
- Master running routes

Team Play (19 hours)

- Offense
- Defense
- Strategy
- Tournament competition
- Master playbook

Total hours: 54

Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

Yes

GCC Major Requirements

Physical Education

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value