

PE211 : Flag Football II

General Information

Author:	<ul style="list-style-type: none">Erin Calderone
Course Code (CB01) :	PE211
Course Title (CB02) :	Flag Football II
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) :	CCC000571880
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 211 offers instruction and practice in intermediate flag football techniques and team play in a recreational environment. This course builds upon the basic skills, team play, and offensive and defensive fundamentals learned in PE 210. Rules, football etiquette, and team strategies are major components of this course.
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

02/16/2016

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	0
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

Prerequisite

PE210 - Flag Football I (in-development)

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.

Entry Standards

Entry Standards

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 Laboratory

Methods of Instruction Guest Speakers

Methods of Instruction Multimedia

Methods of Instruction Presentations

Out of Class Assignments

- Written analysis (e.g. summary of rule variations between different flag football organizations)
- Self-evaluation (e.g. evaluation of performance in tournament play)

Methods of Evaluation

Rationale

Other	Practical examination
Other	Group work (e.g. demonstrate sportsmanship in team play)
Exam/Quiz/Test	Written midterm examination
Exam/Quiz/Test	Written final examination
Other	Participation in class scrimmages and tournaments

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
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No Value	No Value	No Value	No Value	No Value
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Other Instructional Materials (i.e. OER, handouts)

Description	NFL Flag Football 2024 Official Playing Rules
Author	National Football League
Citation	https://cdn.mediaavalet.com/usca/rcx/DgBtnnoMFUCXWCBQE3YN2w/XMiAtpBTH0er4fUrKeYJAO/Original/NFL_Flag_Rulebook_21423.pdf
Online Resource(s)	

Materials Fee

No value

Learning Outcomes and Objectives**Course Objectives**

Explain the rules, conduct, and terminology used in flag football.

Apply flag football terminology to team discussions.

Apply fundamental skills to various positions played.

Demonstrate and explain basic offensive and defensive strategies.

Incorporate social skills to enhance student interaction, individual growth, sportsmanship, and teamwork.

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

Expected Outcome Performance: 70.0

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

Apply knowledge of flag football strategies and rules into game play.

Expected Outcome Performance: 70.0

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

Demonstrate intermediate level football movement patterns based on game situations and team competition.

Expected Outcome Performance: 70.0

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

Additional SLO Information**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

No value

Laboratory/Studio Content

Safety Procedures, Set-Up, and Breakdown (3 hours)

- Creating a safe environment
- Active warm-up
- Setting up the football field
- Breaking down the football field
- Cool-down

Rules, Regulations, and Terminology at the Intermediate Level (5 hours)

- Rules: National Institute of Recreation and Sports Association (NIRSA)
- Rules: United States Flag Football Association (USFFA)
- Common referee arm and hand signals for penalties
- Overtime situations
- Statistical classifications for football terminology

Intermediate Skills of Flag Football (8 hours)

- Passing
- Punting
- Kicking
- Blocking
- Running
- Hiking
- Play calling
- Play design
- Make progressive read

Intermediate Individual Concepts for Flag Football (19 hours)

- Review of fundamentals
- Practice
- Competition situations
- Strategies
- Evasive techniques
- Master running routes
- Conditioning
- Spin move
- Huddle and team leadership
- Psychological preparation
- Hydration and injury prevention
- Sportsmanship

Intermediate 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