

## PE212 : Flag Football III

### General Information

Author:	<ul style="list-style-type: none"><li>Erin Calderone</li></ul>
Course Code (CB01) :	PE212
Course Title (CB02) :	Flag Football III
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) :	CCC000596760
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 212 offers instruction and practice in advanced flag football techniques and team play in a recreational environment. This course builds upon the application of skills, offensive and defensive strategies learned in PE 211. Rules, football etiquette, and team plays are major components of this course.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"><li>Credit</li></ul>
Mode of Delivery:	
Author:	
Course Family:	

### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"><li>Physical Education</li></ul>
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

08/28/2023

### 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
<b>Total</b>	<b>54</b>

#### Course Out-of-Class Hours

Lecture	0
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Laboratory	0
Studio	0
<b>Total</b>	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

PE211 - Flag Football II (in-development)

#### 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.

## 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 Guest Speakers

Methods of Instruction Laboratory

Methods of Instruction Multimedia

Methods of Instruction Presentations

### Out of Class Assignments

- Written analysis (e.g. summary of rule variations and their applications between different flag football organizations)
- Self-evaluations (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)**

<b>Description</b>	NFL Flag Football 2024 Official Playing Rules
<b>Author</b>	National Football League
<b>Citation</b>	<a href="https://cdn.mediaavalet.com/usca/rcx/DgBtnnoMFUCXWCBQE3YN2w/XMiAtpBTH0er4fUrKeYJIAQ/Original/NFL_Flag_Rulebook_21423.pdf">https://cdn.mediaavalet.com/usca/rcx/DgBtnnoMFUCXWCBQE3YN2w/XMiAtpBTH0er4fUrKeYJIAQ/Original/NFL_Flag_Rulebook_21423.pdf</a>
<b>Online Resource(s)</b>	

**Materials Fee**

No value

**Learning Outcomes and Objectives****Course Objectives**

Interpret the rules and conduct of flag football in game situations.

Apply advanced skills appropriately to game-play situations.

Apply offensive and defensive strategies to the creation and implementation of plays.

Evaluate team and individual performances and dynamics after drills and games.

Apply appropriate social skills to enhance student interaction, individual growth, sportsmanship, teamwork and team leadership.

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

Expected Outcome Performance: 70.0

<i>ILOs</i>	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;
Core	cultivate creativity that leads to innovative ideas.
<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.
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**Evaluate and apply football strategies and rules into game play.**

Expected Outcome Performance: 70.0

<i>ILOs</i>	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;
Core	cultivate creativity that leads to innovative ideas.
<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.
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**Demonstrate advanced level football skills 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	
<i>ILOs</i>	

## 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 (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

#### Advanced Skills of Flag Football (10 hours)

- Passing
- Pass protection and rush
- Punting
- Kicking
- Three-point stance and blocking
- Flag pulls
- Drive
- Play calling
- Play design
- Making progressive reads

#### Advanced Individual Concepts for Flag Football (18 hours)

- Review of fundamentals and intermediate techniques
- Drills: passing accuracy, footwork, handoffs, punting
- Competition situations
- Strategies
- Master running routes
- Conditioning
- Huddle and team leadership
- Psychological preparation
- Hydration and injury prevention
- Sportsmanship

#### Advanced Team Play (18 hours)

- Handoff drills
- Hole selection drills
- Man-to-man coverage
- Zone defense
- Pass rush drills
- Strategy Tournament competition
- Master playbook
- Intra-squad team play
- Offensive and defensive coordinator roles
- Designing and choosing appropriate plays
- Leadership and coaching strategies

**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