



COURSE OUTLINE : ATHPE 118

D Credit – Degree Applicable

COURSE ID 003056

Cyclical Review: August 2020

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 118
COURSE TITLE (FULL) : Off-Season Training for Intercollegiate Football
COURSE TITLE (SHORT) : Off-Seas Trng Interc Football

CATALOG DESCRIPTION

ATHPE 118 provides instruction and practice for intercollegiate football focusing on fundamental techniques of competitive football. This course is designed to provide further advancement in fundamental skill, team strategies, effective communication, and conditioning for intercollegiate competition.

CATALOG NOTES

Note: This class is off-season training for students who are interested in competing on the intercollegiate football team. Note: May be taken 4 times for credit.

Total Lecture Units: 0.50-1.50

Total Laboratory Units: 0.50-1.00

Total Course Units: 1.00-2.50

Total Lecture Hours: 9.00-27.00

Total Laboratory Hours: 27.00-54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Out-of-Class Hours: 18.00-54.00

Total Contact Hours: 36.00-81.00

Prerequisite: None.



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ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Perform skills appropriate for intercollegiate football;	Yes
2				define National Collegiate Athletic Association (NCAA) football rules;	Yes
3				participate in rigorous physical activity;	Yes
4				participate and interact in a team environment;	Yes
5				maintain positive individual behaviors to enhance team dynamics.	Yes

EXIT STANDARDS

- 1 Identify and analyze concepts of individual strategies;
- 2 identify and analyze concepts of team strategies;
- 3 utilize and apply film analysis and simulated game situations for competition;
- 4 show advanced collegiate level skills;
- 5 review and practice offensive schemes;
- 6 review and practice defensive schemes;
- 7 breakdown and apply practical and general knowledge of the game of football;
- 8 model and apply practical and general knowledge of rules and decorum policies;
- 9 integrate conditioning and weight training into daily practices;
- 10 recognize the role of nutrition in athletic performance;
- 11 demonstrate the ability to work with a team as a unit and develop team concepts.

STUDENT LEARNING OUTCOMES

- 1 implement and apply technical and tactical skills necessary for collegiate competition;
- 2 integrate and execute advanced cooperative skills needed to perform at a high level of play;
- 3 demonstrate and apply safety rules and procedures to effectively participate in a collegiate sport.



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COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Team Philosophies and Rules <ul style="list-style-type: none"> • Sportsmanship • Team rules • Individual/team goal setting • NCAA rules and regulations • CCCAA Decorum Policies 	8	0	8
2	Safety for Football <ul style="list-style-type: none"> • Proper use of protective athletic equipment • Proper warm-up • Proper cool-down • Proper weight training techniques 	10	0	10
3	Fundamental Conditioning Skills for Football <ul style="list-style-type: none"> • Agility • Coordination • Muscular strength • Muscular and cardiovascular endurance] • Plyometric • Flexibility 	0	17	17
4	Advanced Fundamental Skills in Football <ul style="list-style-type: none"> • Offensive lineman • Offensive backs • Tight ends • Wide receivers • Quarterbacks • Defense linemen • Linebackers • Defensive backs • Punters • Place kickers 	0	19	19
5	Advanced Game Strategy <ul style="list-style-type: none"> • Running game • Passing game • Kicking game 	0	18	18
6	Understanding Team Dynamics <ul style="list-style-type: none"> • Creating a positive environment • Controlling emotions • Effective communication 	8	0	8
7	Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition <ul style="list-style-type: none"> • Gender • Race/ethnicity • Sexuality • Religion 	1	0	1
				81



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OUT OF CLASS ASSIGNMENTS

- 1 setting individual standards;
- 2 evaluation of video;
- 3 statistical scouting.

METHODS OF EVALUATION

- 1 skill exams;
- 2 demonstration evaluations;
- 3 elimination contests (e.g. simulated mini football games);
- 4 written exams.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Football 2020 Rules and Interpretations.		National Collegiate Athletic Association. Digital file, 2020.			National Collegiate Athletic Association		2020