

KIN195 : Football Theory

General Information

Author:	• Erin Calderone
Course Code (CB01) :	KIN195
Course Title (CB02) :	Football Theory
Department:	KIN
Proposal Start:	Spring 2025
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) :	CCC000555855
Curriculum Committee Approval Date:	02/28/2024
Board of Trustees Approval Date:	04/16/2024
Last Cyclical Review Date:	02/28/2024
Course Description and Course Note:	KIN 195 covers theory and development of offensive and defensive formations and strategies in football. Note: KIN 195 is recommended for kinesiology majors.
Justification:	Mandatory Revision
Academic Career:	• Credit

Academic Senate Discipline

Primary Discipline:	• Kinesiology
Alternate Discipline:	• Coaching
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08) Course is not a basic skills course. <input type="checkbox"/> 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
--	--	--

Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	No value	No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)	2
Maximum Credit Units (CB06)	2
Total Course In-Class (Contact) Hours	36
Total Course Out-of-Class Hours	72
Total Student Learning Hours	108

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	2	4
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	36
Laboratory	0
Studio	0
Total	36

Course Out-of-Class Hours

Lecture	72
Laboratory	0
Studio	0
Total	72

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

Describe basic football strategies.

Apply verbal instructions and practice organization.

Demonstrate conceptual understanding of basic football skills.

Transfer practice skills and strategies to game situations.

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction Lecture

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Discussion

Methods of Instruction Guest Speakers

Methods of Instruction Multimedia

Methods of Instruction Presentations

Out of Class Assignments

- Written assignments (e.g. practice reflection)
- Individual goal setting (e.g. worksheet practice goals)

Methods of Evaluation

Rationale

Exam/Quiz/Test

Mid-term exam

Exam/Quiz/Test

Quizzes on offensive and defensive game plans and scouting reports

Exam/Quiz/Test

Final examination

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
--------	-------	-----------	------	------

Author: Steve Shaw, Secretary-Rules Editor, NCAA Football Rules Committee. Edited by Ty Halpin, Director, Championships and Alliances.	2023 NCAA Football Rules and Interpretations	National Collegiate Athletic Association	2023	
--	--	--	------	--

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Describe basic offensive and defensive terminology and formations.

Critically analyze offensive and defensive strategy.

Apply the basic philosophy of the Glendale College Football program to practice and competition.

Analyze the value of teamwork as it applies to successful execution of an offensive or defensive scheme.

Recite the basic rules and conduct of intercollegiate NCAA football.

SLOs

Execute offensive and defensive football strategies in appropriate game situations.

Expected Outcome Performance: 0.0

Apply decorum rules and code of conduct of collegiate 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
Core	methodologies to solve unique problems.
<i>ILOs</i>	

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
Core ILOs	conclusions; cultivate creativity that leads to innovative ideas.

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

<i>KIN</i>	utilize universal risk management strategies
Fitness Specialist - A.S.	
Degree Major	

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

Introduction of Basic Philosophy for Football (5 hours)

- Player regulations and policies
- Training rules

Offensive Philosophy for Football (9 hours)

- Terminology
- Formations
- Running plays
- Passing plays
- Special plays
- Special situations

Defensive Philosophy for Football (9 hours)

- Terminology
- Defensive fronts
- Defensive coverage
- Special situations

Kicking Game Philosophy for Football (9 hours)

- Terminology
- Extra point
- Field goal
- Punt formation
- Punt return
- Kick-off coverage
- Kick-off return
- Trick plays

Scouting Reports for Football (4 hours)

- Film breakdown
- Coaches notes

Total hours: 36

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.

No

GCC Major Requirements

No Value

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 Value

If yes, who is your departmental library liaison?

No Value

Did you contact the DEIA liaison?

No Value

Were there any DEIA changes made to this outline?

No Value

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 Value

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

No Value