

## KIN196 : Advanced Football Theory

### General Information

|   |  |
|---|--|
| Author:                                     | <ul style="list-style-type: none"><li>Erin Calderone</li></ul>   |
| Course Code (CB01) :                        | KIN196   |
| Course Title (CB02) :                       | Advanced Football Theory   |
| Department:                                 | KIN  |
| Proposal Start:                             | Fall 2024  |
| TOP Code (CB03) :                           | (1270.00) Kinesiology  |
| CIP Code:                                   | (31.0505) Exercise Science and Kinesiology.  |
| SAM Code (CB09) :                           | Non-Occupational   |
| Distance Education Approved:                | No   |
| Will this course be taught asynchronously?: | No   |
| Course Control Number (CB00) :              | CCC000555854   |
| 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 196 continues advanced theoretical foundations and strategies of football. Note: KIN 196 is recommended for kinesiology majors and students who are participating in varsity football for a second year. |
| Justification:                              | Mandatory Revision   |
| Academic Career:                            | <ul style="list-style-type: none"><li>Credit</li></ul>   |

### Academic Senate Discipline

|                       |   |
|-----------------------|---|
| Primary Discipline:   | <ul style="list-style-type: none"><li>Kinesiology</li></ul> |
| Alternate Discipline: | <ul style="list-style-type: none"><li>Coaching</li></ul>    |
| Alternate Discipline: | No value  |

### Course Development

|  |  |  |
|--|--|--|
| <b>Basic Skill Status (CB08)</b><br>Course is not a basic skills course.<br><input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge | <b>Course Special Class Status (CB13)</b><br>Course is not a special class.<br><b>Pre-Collegiate Level (CB21)</b><br>Not applicable. | <b>Grading Basis</b> <ul style="list-style-type: none"><li>Grade with Pass / No-Pass Option</li></ul> <b>Course Support Course Status (CB26)</b><br>Course is not a support course |
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## 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

|  |     |
|--|-----|
| <b>Minimum Credit Units (CB07)</b>           | 2   |
| <b>Maximum Credit Units (CB06)</b>           | 2   |
| <b>Total Course In-Class (Contact) Hours</b> | 36  |
| <b>Total Course Out-of-Class Hours</b>       | 72  |
| <b>Total Student Learning Hours</b>          | 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

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

#### Course Out-of-Class Hours

|              |           |
|--------------|-----------|
| Lecture      | 72        |
| Laboratory   | 0         |
| Studio       | 0         |
| <b>Total</b> | <b>72</b> |

### 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

KIN195 - Football Theory (in-development)

#### 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.
- 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 football.

### Entry Standards

Entry Standards

## 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. game reflection)
- Weekly goal setting (e.g. worksheet game 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 |      |
| <b>Other Instructional Materials (i.e. OER, handouts)</b>  |  |  |      |      |
| No Value   |  |  |      |      |
| <b>Materials Fee</b>   |  |  |      |      |
| No value   |  |  |      |      |

## Learning Outcomes and Objectives

### Course Objectives

Identify and analyze advanced offensive formations and strategies.

Identify and analyze advanced defensive formations and strategies.

Describe special teams strategies.

Examine and relate critical factors in scouting an opponent's defensive and offensive systems.

Explain the value of leadership on team dynamics as they apply to football.

### SLOs

**Execute and apply advanced offensive and defensive strategies in appropriate game situations.**

Expected Outcome Performance: 70.0

**Describe and apply decorum rules and conduct of collegiate competition.**

Expected Outcome Performance: 70.0

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*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

*Core*

*ILOs*

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

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

Expected Outcome Performance: 70.0

ILOs  
Core ILOs

Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive 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.

KIN  
Fitness Specialist - A.S.  
Degree Major

utilize universal risk management strategies

## 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 to Program for Football (5 hours)

- Player regulations and policies
- General practice organization
- Eligibility requirements
- Team Dynamics

#### Advanced Offensive Strategies for Football (9 hours)

- Terminology
- Audible system
- Adaptation to various defensive strategies

#### Advanced Defensive Strategies for Football (9 hours)

- Terminology
- Front alignment of movements
- Slant principles
- Angle principles
- Control principles
- Pass coverage schemes
- Zone coverage
- Man coverage
- Combination coverage

#### Advanced Kicking Game Strategies for Football (9 hours)

- Kick-Off
- Basic
- Trick
- On-sides
- Audible calls
- Kick-Off return
- Basic
- Trick plays
- On-side alignments
- Punt

- Base formation
- Trick plays
- Punt return
- Block schemes
- Special trick situations
- Calls

**Advanced Scouting Reports for Football (4 hours)**

- Offensive and defensive information breakdown
- Video study techniques
- Game plan formation

**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