

# KIN A258: FLAG FOOTBALL LEVEL 2

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)

## Course Description

This course is designed for students who have intermediate to advanced knowledge and of the game. This course will introduce students to advanced football fundamentals, schemes, strategy, and skills of the game. Students will further their knowledge of the game through weekly lectures and competitions. Students will be responsible for organizing practices and create/explain drills to prepare their team for weekly competitions. This course will be a combination of classroom time and field work. Students will be expected to apply information learned in the classroom onto the field. Transfer Credit: CSU; UC.

## Course Level Student Learning Outcome(s)

1. Execute intermediate to advanced techniques to effectively participate in a competitive flag football game.
2. Apply advanced knowledge of offensive and defensive scheme to develop skills, practices and game plan

## Course Objectives

1. 1. Develop advanced knowledge and understanding of the rules and regulations of the game.
2. 2. Develop advanced knowledge and understanding of terminology and offensive and defensive scheme.
3. 3. Develop strategic practice and game plans to prepare for a contest.
4. 4. Develop advanced knowledge and understanding of proper pre-game and post-game nutrition and hydration.
5. 5. Demonstrate the advanced skills needed to play the game at a high level.

## Lecture Content

LECTURE CONTENT: Advanced Football Terminology Passing Rushing Advanced coverages Blitzes Nutrition and Hydration Nutrition and

hydration to compete at a high level and for recovery Advanced Offensive Strategies Multiple formations Motions Pass concepts Blocking Schemes Plays vs. various defenses Advanced Defensive Strategies Multiple defensive formations Disguising blitzes Disguising coverages Defensive formations vs. various offensive formations plays Development of Practice Plans Stretch period Individual drills Team periods Advanced Football Skills Game planning Recognizing defenses and coverages Recognizing offensive formations and plays Making game time adjustments

## Lab Content

A. Player run practices B. Advanced field training to increase cardiovascular endurance and agility C. Application of advanced skills in competitive games

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture (PowerPoint) Small Large Group Discussion Group Project Videos Demonstration of Advanced Techniques

## Reading Assignments

Short Written Assignments Reading Assignments Video Demonstrations

## Writing Assignments

1-2 hours of summary analysis on plays and game time skills weekly

## Out-of-class Assignments

1-2 hours weekly of reading assignment or film analysis to help understand football plays

## Demonstration of Critical Thinking

Analysis and evaluation of advanced offensive and defensive scheme in a game situation

## Required Writing, Problem Solving, Skills Demonstration

One to two-page report. Suggested thesis: Advanced Defensive/Offensive game plan, how to create a practice plan, advanced training methods.

## Eligible Disciplines

Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

## Other Resources

1. Instructor provided materials and handouts.