

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 67 - Non-Contact Football**

**1.5 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

17 hours Lecture

34 hours Lab

This course provides instruction in the fundamental skills of non-contact football (touch or flag). Skills learned will include blocking, passing, team play, and offensive and defensive strategies. Emphasis is placed on skill improvement, team cooperation, and safety procedures. Students will practice skills through game play and structured practice plans.

### II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. explain the basic rules, history and conduct of non-contact football.
- B. demonstrate basic skills such as passing and receiving.
- C. describe offensive and defensive strategies.
- D. discuss team cooperation and proper sportsmanship.
- E. identify safety hazards and describe prevention methods in football.

### III. COURSE CONTENT

#### A. Unit Titles/Suggested Time Schedule

##### Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction and Safety	1.00
2. Football Conditioning	2.00
3. Football Positions	1.00
4. Offensive and Defensive Team Play	5.00
5. Football Techniques and Skills	2.00
6. Formations	2.00
7. Rules and Strategies	1.00
8. Team Games	3.00
Total Hours	17.00

##### Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction and Safety	2.00
2. Football Conditioning	4.00
3. Football Positions	2.00
4. Offensive and Defensive Team Play	10.00
5. Football Techniques and Skills	4.00
6. Formations	4.00
7. Rules and Strategies	2.00

8. Team Games

6.00

Total Hours

34.00

#### **IV. METHODS OF INSTRUCTION**

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations
- G. Drill/Practical

#### **V. METHODS OF EVALUATION**

- A. Projects
- B. Demonstration
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical Evaluations

#### **VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Research various offensive and defensive strategies commonly used in football. Be prepared to discuss in class.
  - 2. Read an internet article that illustrates some of the fundamentals of the formation structures used in football. Plan to demonstrate in small groups.
- B. Writing Assignments
  - 1. Write a brief paper describing the importance of team cooperation and proper sportmanship in football.
  - 2. Write an essay describing the history of football and the impact it has had on society.
- C. Out-of-Class Assignments
  - 1. View a major football event and report your observations as they address conduct, rules, and game planning.
  - 2. Perform a portion (minimum of 2 weeks) of your individual workout plan and maintain a journal documenting changes in body composition and play.

#### **VII. RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. Materials will vary depending upon the activity requirements.

**Created/Revised by:** Mario Vela

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