

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 83 - Varsity Football

3 Unit(s)

Prerequisite(s): NONE

Limitation on Enrollment: Student-athletes currently participating in Intercollegiate Athletics

Recommended Prep: NONE

Transfer Status: CSU/UC

153 hours Lab

This course is designed for students who meet the criteria to compete in intercollegiate football. All varsity sports entail practice at designated times. Since skills/proficiencies are enhanced by supervised repetition and practice, this course may be repeated three times.

II. OBJECTIVES

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

- A. define football safety and rules.
- B. practice the proper etiquette of football competition.
- C. describe offensive and defensive strategies for intercollegiate competition.
- D. perform offensive and defensive skills at a level appropriate for intercollegiate competition.
- E. demonstrate pre-game, in-game and post-game physical routines.
- F. demonstrate proper maintenance of individual equipment and the playing field.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

		Lab	
<u>Topics</u>			<u>Hours</u>
1.	Orientation, Safety, and Expectations		3.00
2.	Warm-up/Stretching		9.00
3.	Preseason Conditioning		13.00
4.	Offensive Position Skills		36.50
5.	Defensive Position Skills		36.50
6.	Game Planning/Strategy		16.00
7.	In Season Conditioning		13.00
8.	Film/Video Analysis		9.00
9.	Team Concepts		8.50
10.	Game Preparation		8.50
Total Hours			153.00

IV. METHODS OF INSTRUCTION

- A. Discussion
- B. Demonstrations
- C. Multimedia Presentations
- D. Drills/Practical

E. Handouts - Scouting Reports

V. METHODS OF EVALUATION

- A. Class participation
- B. Written or Oral Examinations
- C. Practical evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Review and analyze opponent scouting reports. Be prepared to discuss in class.
 - 2. Review weekly offensive and defensive game plans. Discuss the plans in small groups.
- B. Writing Assignments
 - 1. Diagram and give a written explanation of various concepts of offensive and defensive football. (This should include safety issues, strategies and techniques, etc.)
 - 2. Submit a short write based on a weekly opponent. Paper should be typed and approximately one page in length.
- C. Out-of-Class Assignments
 - 1. Watch and analyze an opponent video, explaining techniques and strategies used by coaches and players.
 - 2. Research techniques used by colleges and professional football athletes. Describe in detail the different styles and techniques used. Be prepared to discuss information found.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. The student will be required to provide:
 - 1. Proper football attire
 - 2. Proper football shoes
- B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Mario Vela

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