

Las Positas College
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Course Outline for KIN FL

FLAG FOOTBALL

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN FL — FLAG FOOTBALL — 0.50 - 2.00 units

This course is designed to give the student an opportunity to review and practice the basic fundamental skills relative to the game of flag football.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

Family: Kinesiology Flag Football

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Demonstrate knowledge of the rules involved with the game of flag football;
- Demonstrate basic skills required in flag football, e.g. passing, receiving, etc;
- Demonstrate use of offensive and defensive strategies used in flag football;
- Understand and experience team cooperation and proper conduct (sportsmanship) commonly performed in the game of flag football;
- Develop and/or maintain a level of fitness needed to participate in the sport of flag football;
- Understand the inherent risks involved with flag football and participate in a safe and wise manner.

V. CONTENT:

- Explanation and demonstration of rules associated with flag football;
- Participation in scrimmage situations;
- Discussion of game strategies and rule interpretations;
- Instruction of setting up and taking down required field and game equipment;
- Proper warm up and warm down activities utilized in flag football;
- Participation in skill development and drills associated to flag football;
- Participation in a "hands on" experience via participation in actual games.

VI. METHODS OF INSTRUCTION:

- Lecture** -
- Demonstration** -
- Group and team discussions concerning strategies involved with flag football;
- Use of audio visual and intranet educational programs;
- Student participation in scrimmages and game situations;
- Individual and small group drills for skill amelioration;

VII. TYPICAL ASSIGNMENTS:

A. Lecture/Demonstration 1. Receiving B. Class participation in "one hand" pass catching drill 1. Class is provided a demonstration on receiving while moving in the same direction that the ball is traveling while only using one hand. This will develop a soft touch and allow students to master the skill of catching with two hands better. 2. Class participates in drill in two opposite directions and then switches side to work on off hand. 3. Class progresses to a longer pass drill using both hands. 4. Students practice on their own and with partners. (one on one) C. Skill Building Exercise 1. Students participate in a variety of pass patterns using this type of catch.

VIII. EVALUATION:

A. **Methods**

- Exams/Tests
- Class Participation

3. Other:

a. Method of Evaluation

1. Student participation

a. participation is evaluated daily

2. Written Exams on rules of each sport covered in class.

a. In a try of conversion how many yards out does a team have to go for a one point try?

_____ For a two point try? _____

b. After a score and conversion play, where is the ball place to put the next series of downs into play
?_____

3. Skill tests as utilized in flag football. (e.g. passing accuracy test, 40 yd dash, etc.)

B. Frequency

1. Frequency of Evaluation

a. Final exam via written and physical skills tests;

b. Daily evaluation of student's progress/ participation level by instructor

c. Student's self-evaluation.

IX. TYPICAL TEXTS:

1. NIRSA Official Rules of Flag football

2. National Intramural Recreational Sports Association

3. Published bi-annually

X. OTHER MATERIALS REQUIRED OF STUDENTS:

A. Students will have to provide their own clothing, foot apparel, and nutrients for class participation