

Las Positas College  
3000 Campus Hill Drive  
Livermore, CA 94551-7650  
(925) 424-1000  
(925) 443-0742 (Fax)

## Course Outline for KIN FL1

### FLAG FOOTBALL 1

Effective: Fall 2019

#### I. CATALOG DESCRIPTION:

KIN FL1 — FLAG FOOTBALL 1 — 1.00 - 2.00 units

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

1.00 - 2.00 Units Lab

#### Grading Methods:

Letter or P/NP

#### Discipline:

**Family:** Kinesiology Flag Football

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate knowledge of the general rules involved with the game of flag football;
- B. Demonstrate basic skills required in flag football, e.g. passing, receiving, etc.;
- C. Summarize the field of play for flag football
- D. Examine game situations and compose a strategy
- E. Understand and experience team cooperation and proper conduct (sportsmanship) commonly performed in the game of flag football;
- F. Understand the inherent risks involved with flag football and participate in a safe and wise manner.
- G. Develop and/or maintain a level of fitness needed to participate in the sport of flag football;

#### V. CONTENT:

- A. Explanation and demonstration of the general rules associated with flag football;
- B. Explanation and demonstration of basic skills
  1. Passing
  2. Catching
  3. Snapping
  4. Blocking
- C. Participation in scrimmage situations;
- D. Discussion of various game strategies and rule interpretations;
- E. Instruction of setting up and taking down required field and game equipment;
- F. Proper warm up and warm down activities utilized in flag football;
- G. Participation in skill development associated to flag football;
- H. Participation in a "hands on" experience via participation in actual games.

#### VI. METHODS OF INSTRUCTION:

- A. **Simulations** - Scrimmages and game situations
- B. **Discussion** - Group and team discussions concerning strategies involved with flag football
- C. **Demonstration** - Individual skills and team concepts

#### 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.
- D. Students will complete a quiz regarding rules and regulations

#### VIII. EVALUATION:

##### **Methods/Frequency**

- A. Exams/Tests
- B. Quizzes
- C. Class Participation
- D. Final Class Performance
- E. Other
  1. Student participation
    - a. Participation is evaluated daily
  2. Written Exams on rules of each sport covered in class.
  3. Skill tests as utilized in flag football. (e.g. passing accuracy test, 40 yd dash, etc.)

#### IX. TYPICAL TEXTS:

1. National Intramural-Recreational Sports Association (2011). *2011 & 2012 NIRSA Flag & Touch Football Rules Book & Officials' Manual* : NIRSA.
2. Plays, FB (2011). *Unbeatable Flag Football Playbook*. : Amazon Digital Services.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper exercise attire. Field/turf cleats are optional.