

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Casey Mazzotta	Date:	12/17/2019
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Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	140	Intercollegiate Sports: Football (Men)

Units/Hours

- Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
- Each laboratory unit requires 3 hours per week of class time.
- Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
3.00	3.00
Lab Contact Hours	Total Contact Hours
144.00 - 162.00	144.00 - 162.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

-none-

General Education Justification:

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Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP
TOP code:	0835.50

Can be Taken	4	time(s) for credit (max 4)
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- ☐
- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
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- ☒
- Intercollegiate athletics course
-
- ☐
- Academic/vocational competition course

Catalog Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course is for students who have had significant training in football and want to pursue their college and athletic careers through competition with other community colleges. The primary focus is on intercollegiate competition. Students will participate in college sponsored athletic competitions throughout the course. Enrollment does not automatically use a semester of eligibility.

Schedule Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course is for students that have had significant training in football and are actively participating in intercollegiate competition.

Need for the course:

This course is necessary for students to compete in intercollegiate athletics.

Prerequisite(s):

Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

- Students planning and preparing to compete in intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

Corequisite(s):

Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:

Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:

(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

- Evaluate and perform the following physical skills: blocking, tackling, passing, catching and kicking.
- Analyze and apply the rules of football and strategies of offensive, defensive and/or special teams.
- Build knowledge of the rules of football and demonstrate strategies related to their specific playing position.
- Evaluate individual performance in intercollegiate competition.
- Develop and demonstrate an understanding of the value of physical fitness and develop positive health habits.

Course Content:

(please number the outline of main topics and subtopics)

This is a lab class only.

Lab Content:

(please number the outline of main topics and subtopics)

- 1. Introduction
 - 1. Program philosophy
 - 2. Team rules and regulations
 - 3. Daily procedures
 - 2. Pre Season Assessment
 - 1. Cardiovascular fitness
 - 2. Flexibility
 - 3. Strength and endurance
 - 4. Agility and explosive power
 - 5. Position specific skills
 - 3. Football Strategy
 - 1. Offense
 - 2. Defense
 - 3. Special teams
 - 4. Down and distance theory
 - 5. Field position strategy
 - 4. Football Rules
 - 5. Pre-season practice
 - 1. Fundamentals
 - 1. Offense skill sets
 - 2. Defense skill sets
 - 3. Special Teams skill sets
 - 1. Kick teams
 - 2. Return teams
 - 4. Video analysis
 - 2. Fitness
 - 1. Strength training
 - 2. Aerobic conditioning
 - 3. Agility
6. In-season season practice
 - 1. Down and distance practice emphasis
 - 1. Primary Down
 - 2. Long distance downs
 - 3. Mixed downs and goal line
 - 2. Offense
 - 3. Defense
 - 4. Special teams
 - 5. Opponent video and data analysis
7. Intercollegiate competition
 - 1. Pre-game preparations
 - 1. Dynamic warm up
 - 2. Movement preparation
 - 3. Team fit
 - 2. In-game adjustments
 - 1. Sideline adjustments
 - 2. Half-time adjustments

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Lecture
Integration: Lecture and demonstration will be used to convey the rules of the game, specific strategies as they relate to offense, defense, and special teams.
- **Method:** Film/video Viewing and Discussion
Integration: Video review of practice, game video and individual techniques will provide students the opportunity to evaluate their individual performances.Video review of university and professional football games and practices will convey strategies that are being implemented in practice and competition.
- **Method:** Readings
Integration: Weekly in season Scout Report study aids students in analyzing their upcoming opponents strategies and tendencies as it relates to an upcoming intercollegiate competition.
- **Method:** Role Playing/Simulation
Integration: Walk through simulations of specific situations provide students the opportunity to analyze strategies that apply specifically to their player position.
- **Method:** Activity
Integration: Apply skill related fitness components and football patterns to a live situation.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Quizzes
Integration: Written exam testing students understanding of the rules and strategies of the game.
- **Method:** Class Performance
Integration: Observation of performance of basic physical skills of football from both game and practice video
- **Method:** Simulation
Integration: Observation of the acquisition of rules and strategies as evidenced from simulated walk through practices.
- **Method:** Class Work
Integration: Strength, aerobic, and skill set practice covering offensive & defensive fundamentals.
- **Method:** Self-Evaluation
Integration: Video analysis of personal performance in football positions specific skill sets and strategies.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

1. Video study of upcoming opponent:
 1. Each week, you will be required to view video of our opponents. The study will be divided by down, distance and play selection.
 2. You will be required to participate with in-class discussions regarding our opponent’s techniques, strategies, and tendencies.
 3. You will be required to log extra time out of class for viewing video online.
2. Written reports:
 1. After viewing video documentation of the weekly opponent, you will create a written report covering our opponent for the week. This report will include tendencies and strategies of the opponent, rules of the game, and the game plan for the week.

Textbooks:

- Ramseyer, Bill (2011). *Winning Football* Human Kinetics. ISBN: 13: 9780736086950
- Bass, Thomas (2012). *Football Skills and Drills 2nd Edition* Human Kinetics. ISBN: 13: 9780736090766
- Fukuda, D., H. (2019). *Assessments for Sport and Athletic Performance* Human Kinetics. ISBN: 9781492559887

Other Resources:

Minimum Qualification

- Coaching