

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by: Casey Mazzotta

Date: 04/09/2020

Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	140B	Off-Season Athletics: 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
1.00 - 3.00	1.00 - 3.00
Lab Contact Hours	Total Contact Hours
48.00 - 162.00	48.00 - 162.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

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

-none-

General Education Justification:

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)

- ☐
- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
-
- ☒
- 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 intended for off-season football conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

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 designed for off-season football conditioning for football intercollegiate athletes. Students will improve skills and fitness through further instruction and practice.

Need for the course:

This course is needed because we currently do not offer any courses that specifically apply to the training of our football intercollegiate athletes in the off-season. Through this course students develop a plan to meet their own health and wellness goals through individualized instruction and directed study by performing advanced conditioning techniques and group activities that develop sport specific skills.

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:

- Demonstrate athletic fundamentals necessary for football competition.
- Practice strategies, techniques, and rules for football competition.
- Apply principles of strategies in game situations.

- 4. Develop teamwork abilities and display strong communication skills in practice and competition regarding football rules.
- 5. Know the rules of CCCAA eligibility for intercollegiate competition and transfer.
- 6. Synthesize baseline athletic conditioning techniques to acquire advanced conditioning knowledge, skills, and techniques.
- 7. Produce training exercises at maximum load and intensity in order to assess overall conditioning levels.
- 8. Combine increased conditioning levels with improved football techniques and strategies to optimize performance.

Course Content:

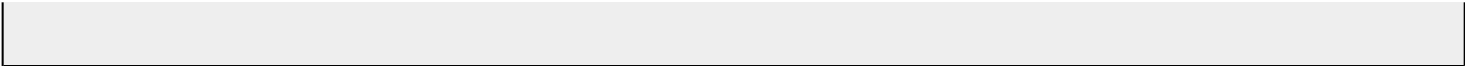
(please number the outline of main topics and subtopics)

This is a lab class only.

Lab Content:

(please number the outline of main topics and subtopics)

- 1. Introduction
 - 1. Rules and regulations
 - 2. Football
 - 1. CCCAA eligibility
 - 2. Team Rules
 - 3. Communication
 - 4. Coaching philoophy
 - 5. Safety
 - 3. Strategy Development
 - 1. critique specific game situations
 - 2. critique specific player technique
 - 3. development of new game strategies
- 2. Assessment of football skill levels
 - 1. Skills
 - 2. Techniques
 - 3. Conditioning
 - 4. Strength
 - 5. e. Speed
- 3. Conditioning
- 4. Drills
 - 1. Football drills and strategies
- 5. Weight training
 - 1. Circuit training
 - 2. Free weight training
 - c. Cardiovascular training
 - d. Speed training
- 6. Sport specific competitive play
- 7. Advanced conditioning
- 8. Agility training
 - 1. Fast Twitch muscle training
 - a) Stabilization and balancing exercises
 - 2. Football plyometric
 - 1. Jump training
 - 2. Foot pattern exercises
- 9. Post conditioning assessment and evaluation
- 10. Injury rehabilitation
- 11. Nutrition and Diet.



Methods of Instruction:

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

- **Method:** Activity
Integration: Individual and/or group activities that develop football skills.
- **Method:** Discussion
Integration: Discussion and review of football rules, regulations, CCCAA eligibility, team rules, and safety regulations regarding football.
- **Method:** Observation and Demonstration
Integration: Group observation, demonstration and application of communication techniques necessary for training, practice, and competition in the sport of football.
- **Method:** Individualized Instruction
Integration: Individual and/or group instruction of advanced conditioning techniques for football.
- **Method:** Critique
Integration: Critique video of training, practices, and competitions for player development in the sport of football.

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: Objective quizzes assessing student knowledge of training methods, techniques, football terminology and strategies.
- **Method:** Class Participation
Integration: Class participation for daily assessment and tracking of student training and skill development and/or team use of tactics and strategies.
- **Method:** Class Work
Integration: Class work will include self assessment of progress and development of training and conditioning techniques as evidenced in the portfolio assignment.
- **Method:** Simulation
Integration: Simulations will be used to demonstrate athletic fundamentals necessary for training, practice, and competition. Students must simulate the necessary fundamental techniques needed to become functional in strength, speed, cardiovascular, flexibility, and core training.

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. Off-Season Portfolio:**

Directions:

For this assignment, you are to keep accurate records of all aspects of your weight, strength, conditioning, and speed. Your portfolio must contain all pre, mid, and post cycle testing of height, weight, vertical jump, Olympic lifts, 40-time, and pro-shuttle time. In addition, your portfolio must contain weekly data spreadsheets monitoring your progress in all aspects of your off-season training development. Your portfolio should contain your dietary log including all supplementation. This assignment will be collected at the mid-term and at the end of the semester.
- 2. Off-Season Video Analysis:**

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Directions:

For this assignment, you will be required to watch and analyze video of yourself and assess your technique and work within the football scheme. Your analysis will be written down in a notebook to monitor your growth and development as an athlete as you progress through the off-season training. In addition, you will be required to watch video of a competitor and analyze and assess their technical strengths and weaknesses as well as their football schemes and tendencies. This analysis will also be written down in your notebook for periodic review. This assignment will be collected at the mid-term and at the end of the semester.

Textbooks:

- Baechle, T., R., Earle, R., W. (2019). *Weight Training Steps to Success, 5th Edition* Human Kinetics. ISBN: 9781492586982

Other Resources:

Minimum Qualification

- Coaching **or**
- Kinesiology (Masters Required) **or**
- Physical Education (Masters Required)