Course Information

Division: Health & Physical Education
Course Number: HPE 101AD
Title: Beginning Varsity Football I
Credits: 1
Developed by: John O'Mera
Lecture/Lab Ratio: 0 Lecture/2 Lab

Transfer Status

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<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<td>KIN 105, EXW 105</td>
<td>PES Departmental Elective</td>
<td>Non Transferable</td>
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Activity Course: Yes
CIP Code: 31.0501
Assessment Mode: Portfolio
Semester Taught: Fall and Spring
GE Category: AAS degree only
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No

Prerequisites
None

Educational Value

Students who desire to develop their skills and understanding of strategies involved in football. To enable the students to continue on and have football careers at a four-year institutions and/or professional levels.

Description

A study of the game of football including fundamental techniques, offensive and defensive strategies, rules, and a brief history of the game. To develop and enhance competitive football techniques and skills to prepare students for competition.

Supplies

Cleats/Running Shoes
Competencies and Performance Standards

1. Demonstrate the fundamentals of football.
   **Learning objectives**
   What you will learn as you master the competency:
   a. Demonstrate the drive block.
   b. Demonstrate the pass block.
   c. Demonstrate the stock block.

   **Performance Standards**
   You will demonstrate your competence:
   o upon completion of an instructor’s checklist
   Your performance will be successful when:
   o learner demonstrates a drive block
   o learner demonstrates a pass block
   o learner demonstrates a stock block

2. Explain the strategies of football.
   **Learning objectives**
   What you will learn as you master the competency:
   a. Explain the strategies of drive blocking.
   b. Explain the strategies of pass blocking.
   c. Explain the strategies of stock blocking.

   **Performance Standards**
   You will demonstrate your competence:
   o by passing an oral exam explaining the strategies of football with an 80%
   Your performance will be successful when:
   o learner explains the strategies of drive blocking
   o learner explains the strategies of pass blocking
   o learner explains the strategies of stock blocking

3. Explain the rules of football.
   **Learning objectives**
   What you will learn as you master the competency:
   a. Explain the rules of substitution.
   b. Explain the rules of forming a roster per season/game.
   c. Explain the rules of coaching from the field.

   **Performance Standards**
   You will demonstrate your competence:
   o by passing an exam governing the rules of football with an 80%
   Your performance will be successful when:
   o learner explains the rules of substitution
   o learner explains the rules of forming a roster per season/game
learner explains the rules of coaching from the field

*Types of Instruction*
On-Campus Clinical

*Grading Information*

*Grading Rationale*
Skills Explanation Demonstration  40%
Test  40%
Participation  10%
Portfolio  10%

*Grading Scale*
A  90% or above
B  80-89%
C  70-79%
D  60-69%
F  59% or below