

EASTERN ARIZONA COLLEGE

Beginning Varsity Football I

Course Design
2016-2017

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

ASU	NAU	UA
KIN 105, EXW 105	PES Departmental Elective	Non Transferable

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

- o 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