Course Information

Division: Health & Physical Education
Course Number: HPE 101F
Title: Beginning 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>
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<td>KIN 105</td>
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<td>PES 100</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</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 fundamental skills and understanding of strategies involved in football.

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

Supplies
Cleats/Running Shoes
Competencies and Performance Standards

1. Explain the rules of football.

Learning objectives
What you will learn as you master the competency:

a. Discuss the rules of scoring.
b. Discuss the rules of safety.
c. Discuss the rules of etiquette.

Performance Standards
You will demonstrate your competence:

- upon passing an exam governing the rules of football with a 80%

Your performance will be successful when:

- learner explains the rules of scoring
- learner explains the rules of safety
- learner explains the rules of etiquette

2. Demonstrate the fundamentals of football.

Learning objectives
What you will learn as you master the competency:

a. Demonstrate the quarterback stance.
b. Demonstrate the running back stance.
c. Demonstrate the wide receiver stance.

Performance Standards
You will demonstrate your competence:

- upon completion of an instructor's checklist

Your performance will be successful when:

- learner demonstrates the quarterback stance
- learner demonstrates the running back stance
- learner demonstrates the wide receiver stance

3. Explain the strategies of football.

Learning objectives
What you will learn as you master the competency:

a. Explain basic run strategies.
b. Explain basic pass strategies.
c. Explain basic blocking strategies.

Performance Standards
You will demonstrate your competence:

- upon passing an oral exam governing the basic strategies of football

Your performance will be successful when:

- learner explains the basic run strategies
- learner explains the basic passing strategies
learner explains the basic blocking strategies

**Types of Instruction**
On-Campus Clinical

**Grading Information**

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

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