Course Information

Division: Health & Physical Education
Course Number: HPE 102F
Title: Beginning Football II
Credits: 1
Developed by: John O'Mera
Lecture/Lab Ratio: 0 Lecture/2 Lab
Transfer Status:

<table>
<thead>
<tr>
<th></th>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 105</td>
<td></td>
<td>PES 100</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
</tr>
</tbody>
</table>

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
HPE 101F

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. Explain the rules of offensive line.
   b. Explain the rules of defensive line.
   c. Explain the rules of the kicking game.

   **Performance Standards**
   
   You will demonstrate your competence:
   
   o upon passing an exam governing the rules of football with an 80%

   Your performance will be successful when:
   
   o learner explains the rules of offensive line
   o learner explains the rules of defensive line
   o learner explains the rules of the kicking game

2. Demonstrate the fundamentals of football.
   
   **Learning objectives**
   
   What you will learn as you master the competency:
   
   a. Demonstrate the defensive line stance.
   b. Demonstrate the defensive back stance.
   c. Demonstrate the linebacker stance.

   **Performance Standards**
   
   You will demonstrate your competence:
   
   o upon completion of an instructor's checklist

   Your performance will be successful when:
   
   o learner demonstrates the defensive line stance
   o learner demonstrates the defensive back stance
   o learner demonstrates the linebacker stance

3. Explain the strategies of football.
   
   **Learning objectives**
   
   What you will learn as you master the competency:
   
   a. Explain basic pass defense.
   b. Explain basic run defense.
   c. Explain basic strategies of overcoming the block.

   **Performance Standards**
   
   You will demonstrate your competence:
   
   o upon passing an oral exam on the strategies of football with an 80%

   Your performance will be successful when:
   
   o learner explains the basic strategies of the pass defense
   o learner explains the basic strategies of the run defense
learner explains the strategies of overcoming the block

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