**EASTERN ARIZONA COLLEGE**  
**Advanced Varsity Football I**  
**Course Design**  
**2016-2017**

**Course Information**

<table>
<thead>
<tr>
<th>Division</th>
<th>Health &amp; Physical Education</th>
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<tbody>
<tr>
<td><strong>Course Number</strong></td>
<td>HPE 201AD</td>
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<tr>
<td><strong>Title</strong></td>
<td>Advanced Varsity Football I</td>
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<tr>
<td><strong>Credits</strong></td>
<td>1</td>
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<tr>
<td><strong>Developed by</strong></td>
<td>John O’Mera</td>
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<tr>
<td><strong>Lecture/Lab Ratio</strong></td>
<td>0 Lecture/2 Lab</td>
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<th><strong>Transfer Status</strong></th>
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<tr>
<td>ASU</td>
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<td>KIN 205</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**

HPE 102AD

**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 a football career at a four-year institution and/or professional level.

**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. Explain the rules of football.
   Learning objectives
   What you will learn as you master the competency:
   a. Explain the rules of weather pertaining to practice.
   b. Explain the rules of pre-season and season practice.
   c. Explain the rules of off-season practice.
   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 weather pertaining to practice
   o learner explains the rules of pre-season and season practice
   o learner explains the rules of off-season practice

2. Demonstrate the fundamentals of football.
   Learning objectives
   What you will learn as you master the competency:
   a. Demonstrate the fundamentals of strength and conditioning.
   b. Demonstrate the fundamentals of tackling.
   c. Demonstrate the fundamentals of running.
   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 fundamentals of strength and conditioning
   o learner demonstrates the fundamentals of tackling
   o learner demonstrates the fundamentals of running

3. Discuss the strategies of football
   Learning objectives
   What you will learn as you master the competency:
   a. Discuss the strategies of goal line offense.
   b. Discuss the strategies of goal line defense.
   c. Discuss the strategies of wishbone offense.
   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 fundamentals of goal line offense
   o learner demonstrates the fundamentals of goal line defense
- learner demonstrates the fundamentals of wishbone offense

*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