

EASTERN ARIZONA COLLEGE

Advanced Varsity Football I

Course Design
2016-2017

Course Information

Division Health & Physical Education
Course Number HPE 201AD
Title Advanced Varsity Football I
Credits 1
Developed by John O'Mera
Lecture/Lab Ratio 0 Lecture/2 Lab

Transfer Status

ASU	NAU	UA
KIN 205	PES 100	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

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

- o 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