



KIN 67 - Non-Contact Football

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course provides instruction in the fundamental skills of non-contact football (touch or flag). Skills learned will include blocking, passing, team play, and offensive and defensive strategies. Emphasis is placed on skill improvement, team cooperation, and safety procedures. Students will practice skills through game play and structured practice plans.

Objectives

Upon successful completion of this course, the student should be able to:

1. explain the basic rules, history and conduct of non-contact football.
2. demonstrate basic skills such as passing and receiving.
3. describe offensive and defensive strategies.
4. discuss team cooperation and proper sportsmanship.
5. identify safety hazards and describe prevention methods in football.

Course Content

Topic Titles / Suggested Time Topic			
<u>Lecture/Activity</u>			
<u>Topics</u>		<u>Lec Hrs</u>	<u>Act Hrs</u>
Introduction and Safety			3.00
Football Conditioning			6.00
Football Positions			3.00
Offensive and Defensive Team Play			15.00
Football Techniques and Skills			6.00
Formations			6.00
Rules and Strategies			3.00
Team Games			9.00
Total Hours:		0.00	51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations
- F. Drill/Practical

Methods of Evaluation

- A. Projects
- B. Demonstration
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Read an internet article that illustrates some of the fundamentals of the formation structures used in football. Plan to demonstrate in small groups.
2. Research various offensive and defensive strategies commonly used in football. Be prepared to discuss in class.

Writing Assignments

1. Write a brief paper describing the importance of team cooperation and proper sportmanship in football.
2. Write an essay describing the history of football and the impact it has had on society.

Out-of-Class Assignments

1. Perform a portion (minimum of 2 weeks) of your individual workout plan and maintain a journal documenting changes in body composition and play.
2. View a major football event and report your observations as they address conduct, rules, and game planning.

Recommended Materials of Instruction

Other Learning Materials

Materials will vary depending upon the activity requirements.

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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