

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

  X   Transfer Course   X   A.A. Degree applicable course  
(check all that apply)

**COURSE NUMBER AND TITLE:** ACS 145 Intercollegiate Football (Men)

**UNIT VALUE:** 2

**MINIMUM NUMBER OF SEMESTER HOURS:** 175

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS** None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

To provide students with the opportunity to develop advanced skills and the strategies in this specific sport which will be applied to competitive situations.

**SPECIFIC COURSE OBJECTIVES:**

Successful students will be able to:

1. Identify a variety of techniques and fundamentals required for intercollegiate football.
2. Apply principle of basic skills in order to continue to perform at a higher level of competition with his desire and ability.
3. Apply principles and have a vehicle for social interaction, leadership and training.
4. Compare and contrast good health habits through proper emphasis on training techniques, injury prevention, substance education and nutrition.
5. Identify responsibilities of all the players on the field and do his job accordingly.
6. Analyze offensive or defensive play set-up and strategies and respond appropriately.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Pre-Season Conditioning
  - A. Running
  - B. Stretching
  - C. Weight training
  - D. Football skills
- II. During Season
  - A. Strategies of offense and defense
  - B. Techniques of tackling, passing, catching and kicking
  - C. Watching and analyzing video
  - D. Continue conditioning

**REQUIRED READING:** Instructor generated handout of rules and plays

**SUGGESTED READING:** Nelson, David M. (Published Annually). 1995 NCAA Football Rules and Interpretations

**REQUIRED WRITING:** Skills of blocking, tackling, throwing, catching and receiving are more appropriate.

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

1. Attendance at games
2. Video review
3. Working with the trainer to prevent and heal injuries

**INSTRUCTIONAL METHODOLOGY:** Instruction by lecture, observation and emonstration. Extensive use of video tape for observation, demonstration and instruction.

**Check all that apply:**

- lecture  
 laboratory  
 lecture-laboratory combination  
 directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply:**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)  
 Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)  
 Two-Way Video Conferencing (Two-way interactive video and audio)  
 One-Way Video Conferencing (One-way interactive video and two-way interactive audio)  
 Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

- 40% - Work out and attendance
- 30% - Game performance and critiques
- 30% - Skills improvement

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes  No  Number of times course may be taken for credit: 3

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161 ( C ) ( 2 ) ( A ) and ( B )

**CONTACT PERSON:** Joe Early, extension 2478

**SIGNATURES:**

SIGNATURES ON FILE