

REEDLEY COLLEGE

PE-33B-57676 COMPETITIVE FOOTBALL - FALL 2021 Course Syllabus

Course Title: Football Conditioning

Course Number: PE-33B-57676

Course Days: Monday – Friday

Required Text: None

Prerequisites: None

Instructor: Matthew Mendonca

Office Hours: By Appt FB Locker Room

Time: 6:00 P.M. – 7:50 P.M.

Email: matthew.mendonca@reedleycollege.edu

Location: RC Field

CLASS STUDENT LEARNING OBJECTIVES:

Upon completion of this course, students will be able to:

- PE-33B SLO1: Demonstrate effective communication skills as it relates to Defensive schemes and situations. Expected SLO Performance: 70
- PE-33B SLO2: Demonstrate proper techniques related to specific positions. Expected SLO Performance: 70
- PE-33B SLO3: Illustrate a basic knowledge of position specific assignments and their application on the football field. Expected SLO Performance: 70
- PE-33B SLO4: Understand the official rules and regulations in the sport of football per the NCAA Football Rulebook. Expected SLO Performance: 70
- PE-33B SLO5: Use proper and safe practice techniques as it pertains to Offensive and Defensive drills.

CLASS OBJECTIVES:

In the process of completing this course, students will:

- Evaluate and critique current fitness levels appropriate for intercollegiate Football
- Plan, implement, and practice appropriate fitness activities and nutritional choices that promote improved levels of muscular strength endurance, cardio-respiratory endurance, flexibility, and body composition.

SAFETY RULES:

1. Shoes must be worn at all times.
2. Always have a spotter present when pressing free weights.
3. Keep free lift areas clear.
4. Report all malfunctions of lifting apparatus to instructor.
5. Complete all weight lifting exercises through the full range of motion.
6. Know the proper technique for each exercise.
7. Report all injuries, no matter how minor to instructor.
8. Students should notify instructor that he or she is under doctor's care or taking medications of any kind.
9. No cell phones

GRADING

- Students must attend class on a regular basis and participate in all practical work.
 - (First day or two will include introductions to the class with no grading)
- Physical participation: 1 point per class meeting (For being on time).
- Improvement of strength in football specific techniques and fundamentals:
 - 2 Points (Ex: tackling, blocking, catching, etc.)
- Position Profile Card:
 - Points (Accurate recording of progress made by each student) 2 Points.
- Appropriate athletic attire is required.
- 2 Quizzes worth 10 points each on Reedley College play books.
- Final Exam: 20 Points.

**** It is a requirement to dress out with gym clothes to every in-person class and show up on time.***

GRADING SCALE

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59% or less

**** It is a requirement to dress out with gym clothes to every class and show up on time. No lockers are available to start the semester. Students must plan accordingly.***

ACCOMODATIONS FOR STUDENTS WITH DIABILITIES:

If you have special verified needs as addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible.

DROP POLICY:

10/8/21 Drop Date. However, you may be dropped by the instructor at any time after (3) consecutive absences. If you miss the first week you may be dropped.