

Reedley College
PE-33D-52959 Football Training – Spring 2022 Course Syllabus

Course Title: Football Training	Instructor: Matt Mendonca
Course Number: PE-33D-52959	Office Hrs: By Appt FB Locker Room
Class Days: Monday-Thursday	Time: 5:00 P.M. – 7:30 P.M.
Phone: (559) 638-0354 ex 3369 office	Required Text: None
Email: matthew.mendonca@reedleycollege.edu	Prerequisites: None
Location: RC Field In Person	

CLASS STUDENT LEARNING OBJECTIVES:

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

PE-33D SLO1: Demonstrate effective communication skills as it relates to Offensive schemes and situations.

PE-33D SLO2: Demonstrate proper techniques related to specific positions.

PE-33D SLO3: Illustrate a basic knowledge of position specific assignments and their application on the football field.

PE-33D SLO4: Understand the official rules and regulations in the sport of football per the NCAA Football Rulebook.

PE-33D SLO5: Use proper and safe practice techniques as it pertains to Offensive and Defensive drills.

CLASS OBJECTIVES:

Assess their own skill levels within the context of intercollegiate football.

Plan, implement, and practice appropriate football drills that promote improved levels of performance during the non-traditional intercollegiate football season.

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)

Graded on Skill development and Schematic retention

2 Quizzes on Reedley College play books

**** It is a requirement to dress out with gym clothes to every 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:

4/20/22 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.

Important Dates:

April 11-15 (M-F) Spring recess [classes reconvene April 18]

May 20 (F) End of spring semester/commencement