

**Reedley College**  
**PE-33C-54798 Football Conditioning - Summer 2022 Course Syllabus**

Course Title: FOOTBALL CONDITIONING  
Course Number: PE-33C-54798  
Class Days: Monday-Thursday  
Phone: (559) 638-0354 ex 3369 office  
Email: jesse.lira@reedleycollege.edu  
Location: RC Field In Person

Instructor: Jesse Lira  
Office Hrs: By Appt FB Locker Room  
Time: 9:30 A.M. – 10:55 A.M.  
Required Text: None  
Prerequisites: None

**CLASS STUDENT LEARNING OBJECTIVES:**

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

PE-33C SLO1: apply proper nutritional choices required to help acquire/maintain a healthy body composition. Expected SLO Performance: 70

PE-33C SLO2: demonstrate proper lifting techniques related to specific Football positions.

PE-33C SLO3: illustrate a basic knowledge of muscle groups and their application in the weight room.

PE-33C SLO4: use proper weight room safety within a team setting.

PE-33C SLO5: Demonstrate skills and techniques for football running offense, such as blocking, and running at an introductory level.

PE-33C SLO6: Demonstrate skills and techniques for football passing offense, such as throwing, running routes, catching and blocking at an introductory level.

PE-33C SLO7: Demonstrate skills and techniques for football running defense, such as block protection and run fits at an introductory level.

PE-33C SLO8: Demonstrate skills and techniques for football passing defense, such as pass rush and pass drops at an introductory level.

PE-33C SLO9: Demonstrate offensive line, tight end and running back blocking skills and techniques as used for run and pass blocking at an introductory level.

PE-33C SLO10: Demonstrate skills and techniques used for defensive front play for run and pass at an introductory level.

PE-33C SLO11: Demonstrate skills and techniques used for secondary coverage and rotation at an introductory level.

**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**

1. **Measured Performance/Participation** – 50% (Must attend the entire class period and be on time – less than 10 min late to be marked present)  
Grade will drop after 3 missed classes and only 2 make ups are allowed per semester
2. **Fitness Test** – 40% (2 AMRAP Tests given throughout the semester 20% each)
3. **Written Assignment** – 10% (Write a paper related to your accomplishments or awards, schools your interested in, major of interest, and professions you are interested in. What skills and techniques did you learn in this class)  
Must be 500 words typed. Detailed instructions will be handed out.

### **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:**

7/12/21 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.