

Reedley College

PE – 33B - 54036- COMP Football – FALL 2023 Course Syllabus

Course Title: Football Theory

Instructor: Rich Hammond

Course Number: PE-33B (54036)

Office Hrs: M-Th 3-4pm

Class Days: M-Fr 6:00-7:35pm

Room: RC Field

Required Text: None

Phone: (559) 638-0354 ex 3369

Office: Boys Locker Room

Prerequisites: In Intercollegiate

Email rich.hammond@reedleycollege.edu

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CLASS STUDENT LEARNING OBJECTIVES:

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

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PE-33B SLO1: apply proper decorum policies as determined by the Commission on Athletics and head football coach.

PE-33B SLO2: demonstrate a basic knowledge of team-building concepts

PE-33B SLO3: demonstrate proper techniques related to specific positions.

PE-33B SLO4: illustrate a basic knowledge of position-specific assignments and their application on the football field.

PE-33B SLO5: use proper and safe practice drills.

CLASS OBJECTIVES:

In the process of completing this course, students will:

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- Plan, implement, and practice appropriate football drills that promote improved levels of performance during the intercollegiate football season.
- Assess their own skill levels within the context of intercollegiate football.

SAFETY RULES:

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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 Participation** – Daily Attendance and Progress. 1 Point for showing up, 2 points for Execution, 2 points for Progress.
2. **Overall Assessment of Performance (Program and Aerobic Routine Components)**

Pre-test assessment of cardiovascular Fitness level & **Post-test assessment** of cardiovascular Fitness level

3. **Quiz**
4. **Final**
5. **Extra Credit** – Will be sporadically offered when the instructor chooses to

** 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.*

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

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.

Important Dates:

Census Date: 8/28/23

Last Day to Add 08/27/2023

First Day to Drop 08/07/2023

Last Day to Drop (no W assigned) 08/27/2023

Last Day to Drop (W assigned) 10/06/2023

End Date: 12/08/23