

Reedley College
PE-33D-54036 Football Training – Spring 2024 Course Syllabus

Course Title: Football Training
Course Number: PE-33D-54036
Class Days: Monday-Friday
Phone: (559) 638-0354 ex 3369 office
Email: rob.hartenfels@reedleycollege.edu
Location: RC Field In Person

Instructor: Rob Hartenfels
Office Hrs: M-F 1-2 FB Locker room
Time: 5:00 P.M. – 7:30 P.M.
Required Text: None
Prerequisites: None

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

Structure

Class will Begin in the weight Room for 1 hour a day. Field work will be on Monday, Tuesdays and Thursdays for 1 hour. Wednesdays and Fridays will only be weight room and Class room for 2 hours. On field work days, Class room time will be only 30 minutes (Monday, Tuesdays and Thursdays).

GRADING

1. **Measured Participation** – Daily Attendance and Progress. 1 Point for showing up, 2 points for Execution, 2 points for Progress.
2. **Performance Assessment (Program and Weight Room Components)**
3. **Quiz**
4. **Final** of student's physical fitness level
5. **Extra Credit** – Will be sporadically offered when the instructor chooses to

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DROP POLICY: Students will be dropped if inactive and not attending within the first 2 weeks of the semester. If you do not show up in the first 2-3 classes in the first week you will be dropped. During the semester Students will be dropped if miss more than two weeks of class meeting time within the first nine weeks a semester-length course (or the first half of a shorter- term course). A student will be dropped if no longer participating in the course, except if there are extenuating circumstances. I allow for the "extenuating circumstances" if communicated to myself via canvas or in person. Drop policy is explained in the beginning of the semester on the first day of class when I go over attendance expectations and requirements.

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.

Important Dates:

March 25-29 Spring recess

March 29th Good Friday no class

May 17 End of Spring