

**College of San Mateo  
Official Course Outline**

1. **COURSE ID:** VARS 130    **TITLE:** Varsity Football  
**Units:** 3.0 units    **Hours/Semester:** 144.0-162.0 Lab hours  
**Method of Grading:** Grade Option (Letter Grade or Pass/No Pass)  
**Recommended Preparation:**  
    Interscholastic participation

2. **COURSE DESIGNATION:**

**Degree Credit**

**Transfer credit:** CSU; UC

**AA/AS Degree Requirements:**

    CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

**CSU GE:**

    CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

**Catalog Description:**

Intercollegiate varsity football competition in the Northern California Football Conference. Student athletes must be ready to start practice in August before the fall semester begins. Students enrolled in twelve or more units at either Skyline or Cañada College can also participate. Participation in pre-fall practice is a prerequisite for playing in the first and second games of the season. (May be taken four times for a maximum of 12 units. However, for eligibility purposes, students may only compete intercollegiately for two years.)

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Develop knowledge and ability for critical thinking to use the skills and techniques required for participation.
2. Understand eligibility requirements.
3. Learn skills and techniques which will lead to safe play.
4. Learn the rules and knowledge of the game.
5. Work in a cooperative, team-building setting.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Develop knowledge and ability for critical thinking to use the skills and techniques required for participation.
2. Understand eligibility requirements
3. Learn skills and techniques which will lead to safe play
4. Learn the rules and knowledge of the game
5. Work in a cooperative, team-building setting

6. **COURSE CONTENT:**

**Lecture Content:**

1. Orientation, team grading, attendance policy, care of equipment and use of facilities
2. Football rules and regulation
3. Safety and injury prevention rules
4. Fundamentals of:
  - A. Blocking
  - B. Tackling
  - C. Passing
  - D. Catching
  - E. Ball handling
  - F. Offensive formations and terminology
    - a. Spread, open, close, goal line, and short yardage
    - b. Motion
    - c. Shifting

- d. Special formations, situation formations
- G. Defensive formations and terminology
  - a. Man to man
  - b. Zone
  - c. Goal line
  - d. Linebacker dog system
  - e. Defensive line stunts
  - f. Combination stunts and dogs
  - g. Secondary blitz
- H. Special teams
  - a. Punt protection and coverage
  - b. Punt defense and returns
  - c. Kick-off coverage, and onside kick
  - d. Kick-off returns and onside kicks
  - e. Field goal and point after protection and special plays
  - f. Field goals and point after defense
- 5. Team defense strategy
- 6. Team offense strategy
- 7. Team strategy
- 8. Team competition

**Lab Content:**

- Warm-Up and Flexibility Exercises
- Physiological Conditioning Specific to the Sport of Football
- Flexibility, Strength and Cardiovascular Training through Various Exercise Prescriptions
- Individual Skill Development to Include various aspects of offense, defense, and special teams:
  - Offense (by position)
    - Assignments
      - Running
      - Passing
    - Tactics
      - Running
      - passing
  - Defense (by position)
    - Rushing assignments
    - Passing assignments
  - Special Teams
    - Kickoff offense
    - Kickoff defense
    - Punt offense
    - Punt defense
    - Field Goal/Extra Point
    - Onside kick
- Team Tactical Development to Include both Offensive and Defensive Strategies
- Mental Imagery Techniques and Strategies

**7. REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Directed Study
- F. Discussion
- G. Individualized Instruction
- H. Observation and Demonstration
- I. Other (Specify): Instructor generated handouts, films and other literature necessary for student success.

**8. REPRESENTATIVE ASSIGNMENTS**

Representative assignments in this course may include, but are not limited to the following:

**Writing Assignments:**

Observation, analysis and critique, in written form, pertaining to game film.  
Individual goal setting

**Reading Assignments:**

- Read, understand and apply practical applications pertaining to various offensive and defensive formations and assignments for the coming week.
- Read and understand NCAA and NCFC rules

**9. REPRESENTATIVE METHODS OF EVALUATION**

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Lab Activities
- F. Portfolios
- G. Quizzes
- H. Simulation
- I. Progressive skill development; performance of the various skills developed through the class

**10. REPRESENTATIVE TEXT(S):**

Other:

- A. 2021/22 NCAA manual, 2021/22 CCCAA Constitution, 2021/22 NCFC guide

**Origination Date:** November 2021

**Curriculum Committee Approval Date:** January 2022

**Effective Term:** Fall 2022

**Course Originator:** Timothy Tulloch