

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 2905Q Football Skills
Fall 2017**

Instructors: Chris Marcus

Josh Malekzadeh

Location: TD Stadium
MoWe 2:30PM- 4:30PM

TD Stadium, 2nd Floor Rm 108A
Fr 2:30PM-3:30PM

Learning Outcomes:

1. This activity course will encompass both theoretical and practical aspects of the game of football.
2. Acquisition of fundamental skills and techniques for selected positions on offense, defense, and special teams.
3. Appreciation of the rules, positioning, movement, and theories of play in Canadian Football.

Notes

1. Attendance and punctuality are essential for the operation of the class and allocation of grades.
2. The class will utilize a paired peer teaching and learning format with reciprocal feedback as a standard approach.
3. The Initial Monday session will begin in the TD Waterhouse Stadium classrooms (2nd Floor). The remainder of the classes will begin on the field with a pre-class stretch, weather permitting.

Course Content

This course will cover the basic skills in a variety of football positions. Included in this will be stance and movement, the mechanics of throwing the football, running techniques with the ball, pass receiving techniques, pass defend techniques (man and zone), quarterback-center ball exchange, long snap, punting, and placekicking skills. You will also be introduced to specific details in regards to game play. Included in this will be huddle alignment, play call signals, offensive backfield play, pass routes and combination patterns, motions, and defensive coverage strategies (man and zone).

Course Evaluation

Written Theory Test **35%**
Skills Acquisition Testing **65%**

NOTE: It is strongly recommended that a post-class notebook be utilized to assist in retention of key points.

Course/University Policies

1. **Lateness/Absences:** Assignments are due as per the instructor (s) and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the instructor. A missed mid-term examination, if applicable without appropriate documentation will result in a zero (0) grade.
2. **Written documentation:** Students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with the professor and Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted

