

Glendale College

Course Outline of Record Report

Course ID 003056
Revision - November 2025

ATHPE118 : Off-Season Training for Intercollegiate Football

General Information

Author:	• Erin Calderone
Course Code (CB01) :	ATHPE118
Course Title (CB02) :	Off-Season Training for Intercollegiate Football
Department:	ATHPE
Proposal Start:	Fall 2026
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000574534
Curriculum Committee Approval Date:	11/12/2025
Board of Trustees Approval Date:	12/09/2025
Last Cyclical Review Date:	08/01/2020
Course Description and Course Note:	ATHPE 118 provides instruction and practice for intercollegiate football focusing on fundamental techniques of competitive football. This course is designed to provide further advancement in fundamental skill, team strategies, effective communication, and conditioning for intercollegiate competition. Note: This class is off-season training for students who are interested in competing on the intercollegiate football team. Note: May be taken 4 times for credit.
Justification:	Content Change
Academic Career:	• Credit
Mode of Delivery:	No value
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	• Coaching
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

GCC General Education Requirements

Area 8: Lifelong Learning

Area

Lifelong Learning

Status

Pending

Approval Date

No value

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)

2

Maximum Credit Units (CB06)

4

Total Course In-Class (Contact) Hours

90 -
180

Total Course Out-of-Class Hours

18 -
36

Total Student Learning Hours

108 -
216

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education

Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0.5 - 1	1 - 2
Laboratory Hours	4.5 - 9	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	9 - 18
Laboratory	81 - 162
Studio	0
Total	90 - 180
Course Out-of-Class Hours	
Lecture	18 - 36
Laboratory	0
Studio	0
Total	18 - 36

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
Perform skills appropriate for intercollegiate football.	No Value

Define National Collegiate Athletic Association (NCAA) football rules.	No Value
Participate in rigorous physical activity.	No Value
Participate and interact in a team environment.	No Value
Maintain positive individual behaviors to enhance team dynamics.	No Value

Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

Requisite Validation

Upload Statistical Validation and/or other documents (if necessary)
No Value

Specifications

Methods of Instruction	
Methods of Instruction	Lecture
Methods of Instruction	Laboratory
Methods of Instruction	Discussion
Methods of Instruction	Multimedia

Methods of Instruction	Collaborative Learning			
Methods of Instruction	Demonstrations			
Methods of Instruction	Guest Speakers			
Out of Class Assignments <ul style="list-style-type: none"> • Setting individual standards • Evaluation of video • Statistical scouting 				
Methods of Evaluation	Description of Activity/Interaction			
Exam/Quiz/Test	Skill exams			
Evaluation	Demonstration evaluations			
Activity (answering journal prompt, group activity)	Elimination contests (e.g. simulated mini football games)			
Exam/Quiz/Test	Written exams			
Textbook Rationale				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value
Other Instructional Materials (i.e. OER, handouts)				
Description	Football 2020 Rules and Interpretations.			
Author	National Collegiate Athletic Association			
Citation	No value			
Online Resource(s)	No value			

Learning Outcomes

Course Objectives

Identify and analyze concepts of individual strategies.

Identify and analyze concepts of team strategies.

Utilize and apply film analysis and simulated game situations for competition.

Show advanced collegiate level skills.

Review and practice offensive schemes.

Review and practice defensive schemes.

Breakdown and apply practical and general knowledge of the game of football.

Model and apply practical and general knowledge of rules and decorum policies.

Integrate conditioning and weight training into daily practices.

Recognize the role of nutrition in athletic performance.

Demonstrate the ability to work with a team as a unit and develop team concepts.

SLOs

Integrate and execute advanced cooperative skills needed to perform at a high level of play.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate
Core creativity that leads to innovative ideas.
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Integrate and execute advanced cooperative skills needed to perform at a high level of play.
Core
PLOs

Implement and apply technical and tactical skills necessary for collegiate competition.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate
Core creativity that leads to innovative ideas.
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.
Core
PLOs Integrate and execute advanced cooperative skills needed to perform at a high level of play.

Demonstrate and apply safety rules and procedures to effectively participate in a collegiate sport.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate
Core creativity that leads to innovative ideas.
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Demonstrate and apply safety rules and procedures to effectively participate in physical movement.
Core
PLOs

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No Value

Is this proposal submitted in response to learning outcomes assessment data?

No Value

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Team Philosophies and Rules (1-3 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules and regulations

- CCCAA Decorum Policies

Safety for Football (2-4 hours)

- Proper use of protective athletic equipment
- Proper warm-up
- Proper cool-down
- Proper weight training techniques

Understanding Team Dynamics (3-6 hours)

- Creating a positive environment
- Controlling emotions
- Effective communication

Nutritional Aspects of Effective Training (2-4 hours)

Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition (1 hour)

- Gender
- Race/ethnicity
- Sexuality
- Religion

Total Hours: 9-18

Laboratory/Studio Content

Fundamental Conditioning Skills for Football (24-48 hours)

- Agility
- Coordination
- Muscular strength
- Muscular and cardiovascular endurance
- Plyometric
- Flexibility

Advanced Fundamental Skills in Football (27-54 hours)

- Offensive lineman
- Offensive backs
- Tight ends
- Wide receivers
- Quarterbacks
- Defense linemen
- Linebackers
- Defensive backs
- Punters
- Place kickers

Advanced Game Strategy (30-60 hours)

- Running game
- Passing game
- Kicking game

Total Hours: 81-162

Additional Information

Repeatability

Repeatable

Justification (if repeatable was chosen above)

Intercollegiate academic or vocational competition courses where the course is part of a district-sanctioned competitive activity

Is it possible this course will have a material fee?

No

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liaisons>):

No

What term(s) will this course be offered?

Spring

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value