

KIN 109: FLAG FOOTBALL

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2025
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Total Student Learning Hours:	72
Strongly Recommended:	ENGL C1000.
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Proposed
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Techniques in flag football, such as passing, receiving, kicking, blocking and team play. Rules are included. Improve skills by repetition and supervised instruction. 18 lecture hours, 18 lab hours.

Course Objectives

- Demonstrate the skills necessary for participation in the game of flag football.
- Demonstrate the ability to understand and apply concepts of offensive and defensive strategies.
- Develop and maintain cardiovascular fitness and strength in order to compete in the sport of flag football

Major Course Content

1. Orientation
 - a. Introduction to flag football
 - i. Team play
 - b. Terminology
 - c. Prevention of injuries
 - d. Field diagrams
 - e. Warm-up and cool down
2. Rules and spirit of the game
3. Tactics/game strategy
4. Offensive and defensive strategies
 - a. Individual and small group positioning
5. Game situations

Lab Content

1. Assessment of skills
 - a. pre-test
 - b. post-test
2. Technique practice drills
 - a. throwing
 - b. receiving

- c. carrying
 - d. blocking
3. Players and positional roles
 - a. quarterbacks
 - b. running backs
 - c. tight ends
 - d. wide receivers/wide outs
 - e. offensive and defensive lines
 4. Practice games and scrimmages

Suggested Reading Other Than Required Textbook

Instructor handouts.

Examples of Required Writing Assignments

Written summaries of flag football games observed explaining fundamental strategies used by teams during the game. Offenses being used, defenses being used, clock management etc.

Examples of Outside Assignments

Observe an assigned number of professional, college, or high school flag football games.

Instruction Type(s)

Lab, Lecture