

KINC 222: WOMEN'S VARSITY FLAG FOOTBALL

Citrus College Course Outline of Record

| Heading | Value |
|-------------------------------|--|
| Effective Term: | Fall 2025 |
| Credits: | 3 |
| Total Contact Hours: | 162 |
| Lab Hours: | 162 |
| Hours Arranged: | 0 |
| Outside of Class Hours: | 0 |
| Total Student Learning Hours: | 162 |
| Strongly Recommended: | Advanced flag football skills to participate in a competitive collegiate experience. |
| Transferable to CSU: | Yes |
| Transferable to UC: | Yes - Proposed |
| Grading Method: | Standard Letter, Pass/No Pass |

Catalog Course Description

Intercollegiate competition in women's varsity flag football. This course may be taken four times. 162 lab hours.

Course Objectives

- understand the value of organic power and the biokinetic links needed to perform at a collegiate level of flag football
- demonstrate the skills necessary for participation in the game of flag football
- demonstrate the ability to understand and apply concepts of group dynamics in attempting to reach a common athletic goal
- analyze and apply game strategies
- develop and maintain a cardiovascular and strength program designed to assist the individual in intercollegiate competition

Major Course Content

All lab content.

Lab Content

1. Cardiovascular and Strength Programs
 - a. Pre-season weight program
 - b. Seasonal weight program
 - c. Post-season weight program
2. Offense and Defensive Strategies
 - a. Offense
 - i. recognition of multiple defenses, coverages and fronts
 - ii. execution against multiple defenses, coverages and fronts
 - iii. execute two minute offense
 - iv. short yardage situations
 - b. Defense
 - i. recognition of multiple sets and fronts
 - ii. control opposition two minute offense
 - iii. short yardage defense

- iv. pass coverage
 1. zone
 2. man-to-man coverage
3. Individual Skill Instruction Areas
 - a. Offense - specific area workouts
 - i. quarterbacks
 - ii. running backs
 - iii. offensive lineman
 - iv. receivers
 - b. Defense
 - i. defensive linemen
 - ii. linebackers
 - iii. secondary
 4. Mental Preparation
 - a. Relaxation and breathing technique
 - b. Self-control methods
 - c. Mental imagery
 - d. Pre-performance routines
 5. Competition
 - a. Pre-conference Competition
 - b. Conference Competition
 - c. Post Conference Competition
 - d. Rules of the game

Suggested Reading Other Than Required Textbook

CIF Rulebook and Instructor Handouts

Examples of Required Writing Assignments

Complete written summaries of team offenses and defenses and various types of game strategies.

Examples of Outside Assignments

Practice skills. Participate in activities related to course lab. The student is expected to observe high level competition, analyze these performances and attempt to apply the observations in competition.

Instruction Type(s)

Lab, Online Education Lab