

KINE-295: WOMEN'S FLAG FOOTBALL TEAM

Effective Term

Fall 2026

CC Approval

12/05/2025

AS Approval

12/11/2025

BOT Approval

12/18/2025

COCI Approval

02/06/2026

SECTION A - Course Data Elements
Send Workflow to Initiator

No

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Coaching (Any Degree and Professional Experience)	Or
Health (Master's Degree)	Or
Kinesiology (Master's Degree)	Or
Physical Education (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

295

Department

Kinesiology

Division

Kinesiology, Athletics & Dance (KAD)

Full Course Title

Women's Flag Football Team

Short Title

Women's Flag Football Team

CB03 TOP Code

1270.00 - Kinesiology

CIP Code

31.0501

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Adding "or" between disciplines.

SECTION B - Course Description

Catalog Course Description

This is a course designed for the competitive flag football player who will represent Napa Valley College in intercollegiate matches. Repeatable three times for credit.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Repeatable 3 Times

Justification for awarding credit more than once

Intercollegiate athletics (either a course in which student athletes are enrolled to participate in an organized competitive sport sponsored by the district or conditioning course which supports the competitive sport)

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

3.00

Lab Hours

162

Outside of Class Hours

0

Total Contact Hours

162

Total Student Hours

162

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Hybrid	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate the skills and utilize strategies required to participate in intercollegiate flag football.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate good sportsmanship, team and individual responsibility.
2. Understand and employ mechanics of throwing, catching, blocking, flag pulling, rout running.
3. Understand and evaluate various offensive and defensive and transitional strategies.
4. Understand rules and regulations governing eligibility and competition.
5. Demonstrate ability to critically analyze individual and team performance.
6. Plan strength and conditioning training program for season and pre-season.

Course Content

1. Conditioning principles
2. Injury prevention
3. Offensive/defensive/transitional strategies
 - a. throwing mechanics and drills
 - b. catching mechanics and drills
 - c. route running mechanics and drills
 - d. blocking mechanics and drills
 - e. flag pulling mechanics and drills
4. Rules and regulations
5. Sportsmanship, team and individual responsibility
6. A student is allowed to repeat the course provided that the student, in consultation with the coach, identify and select skills to be improved upon. The student will be introduced to the skill development required for advanced skills. Additionally, the athlete will be expected to reach a higher level of conditioning and performance. Advanced athletes will be expected to develop greater leadership skills and team responsibilities

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Lab	Demonstration of offensive and defensive skills needed for intercollegiate flag football play. Students will be required to analyze team and individual play. Students will analyze game film.
Lecture	Offensive and defensive strategies Game analyses Proper training for season and off season.
Activity	Students will participate in and compete at the flag football practice and game.
Other	Group Drills: Students will do drills to enhance their tactical understanding of flag football. Individual Technique Drills: Students will do drills to enhance their personal flag football skills. Teamwork: Students will prepare in a team setting to compete with other college teams.

Online Adaptation

Types	Examples of learning activities
Lab	Students watch game film (college/pro examples) and submit timestamped notes analyzing player technique, offensive/defensive alignments, or mistakes.
Lecture	Basics of spread offense, zone vs. man coverage, blitz rules. Key regulations, field dimensions, scoring rules, equipment, common penalties.

Journal	Reflect on video analysis of game, focusing on strategy, communication, and decision-making.
Activity	Assign a real or recorded opponent; students create a scouting report analyzing tendencies, key players, and strategies. Students design a small playbook (2–3 offensive plays, 1–2 defensive coverages) and present it with diagrams or video walk-through.

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions

Course design is accessible

Yes

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
Class Participation	Demonstration of offensive and defensive skills needed for intercollegiate flag football play. Students will be required to analyze team and individual play. Students will analyze game film. Competitive attitude.
Performances	Evaluation of individual and team performance. Participation in practice and competitive events.

Assignments**Reading Assignments****Reading Assignments**

Example 1: Students will be required to read handouts prepared by the coach. Handouts will include strategy papers, training requirements.

Example 2: Students will read the Napa Valley Student handbook.

Writing Assignments**Writing Assignments**

Example 1: Students will be required to write summaries of film analysis.

Example 2: Students will be required to write game and individual practice and game analysis.

Outside-of-Class Assignments**Other Assignments**

Example 1: Students will be required to participate in conference and nonconference competition. Competition may take place on the weekends.

Example 2: Students will conduct post-game video analysis

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

National Intramural Recreational Sports Association

Title

2023 & 2024 NIRSA Flag & Touch Football Rules Book & Officials' Manual

Publisher

Human Kinetics; Twenty first edition

Year

2023

ISBN #

978-1718218437

SECTION G - Diversity, Equity and Inclusivity

How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?

Demonstrate and observe sensitive and respectful treatment of diverse groups and perspectives in a variety of settings.

Course Codes (Admin Only)**CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No