

KINE-172: RUGBY

Justification for this inactivation request

Course not offered in 3 years.

Effective Term

Fall 2025

CC Approval

11/01/2024

AS Approval

11/14/2024

BOT Approval

11/21/2024

COCI Approval

03/13/2025

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Physical Education (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

172

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Rugby

Short Title

Rugby

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

SECTION B - Course Description

Catalog Course Description

This course is designed to introduce students to the sport of rugby. Basic skills needed for competitive and recreational play will be developed.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Emergency Only
Hybrid	Emergency Only

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Student will learn the rules for competitive rugby.
2.	Students will demonstrate offensive and defensive skills needed for rugby.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Understand rugby rules.
2.	Demonstrate offensive and defensive skills needed for rugby.
3.	Demonstrate tactics for game play.
4.	Play the game of rugby using good teamwork and positive sportsmanship.

Course Content

1. Rules and regulations for competitive rugby.
2. Evasion skills
3. Handling skills-throwing, catching, passing, ball control.
4. Contact skills-attack, defense, safe tackling, body control.
5. Maul skills-body position, link player, support players.
6. Ruck skills-body position, ball carrier, support players.
7. Scrum skills-body position, put-in and strike, pick or pass.
8. Lineout skills-restarting from touch.
9. Kicking and catching.
10. Offense and defensive tactics.
11. Teamwork and sportsmanship.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Students will be required to demonstrate throwing, passing, ball control, tackling, ball carrier and correct body positioning.
Lecture	Lecture components will include rules, regulations and terminology. Lecture will also include basic offensive and defensive skills and strategies.

Online Adaptation

Types	Examples of learning activities
Activity	
Discussion	
Group Work	
Individualized Instruction	
Lecture	

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
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Students will have written tests on rules, regulations and terminology.
Projects	Research Projects - Students will be required to research the sport of rugby as an international sport.

Assignments

Reading Assignments

Students will be required to read text as well as class handouts.

Example: The significance of the All Blacks as a cultural icon.

Writing Assignments

Students will be required to write a research paper on international rugby.

Students will be required to complete short essay exams such as:

Describe the role that support players play in a ruck.

Outside-of-Class Assignments

Students will be required to perform skills tests demonstrating evasion, handling and contact skills as well as offensive and defensive strategies.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

John Mckitterick, Tony Williams

Title

Rugby Sevens Skills, Tactics and Rules

Edition/Version

1st

Publisher

Human Kinetics

Year

2016

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616696

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