Instructor: Keith Howard  
Office: Carmichael 2046  
Office Hours: M/W 2:20-3:20 and T/R 9:15-10:15  
Course Meeting: T/R 12:25-2:20 (Section 195)  
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Credit Hours: One  
Course Pre/Co-requisites: None

Required Text: There is no required text for this class. Please refer to the Moodle site for class assignments and information.

Course Description: Students will have an opportunity to apply rules, strategies, and basic skills of flag football in a practical setting. Activities include skills tests, skill practice, written exams, and competitive games.

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health and Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

GEP Objectives for courses in the category of Physical Education

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and

2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and

3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and

4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP/Course and Student Learning Outcomes

By the end of this course, students will be able to:

1. Demonstrate the health-related fitness components associated with flag football including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.

2. Students will explain the role that Flag Football can play in developing and maintaining an active and healthy lifestyle.

3. Students will be able to execute basic motor skills and skill related concepts and strategies used in Flag Football.

4. Students will gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of flag football.
Evaluation Procedure:

- Skills Testing - 45%
- Rules Quiz #1 - 20%
- Terminology & Rules Review Quiz #2 - 20%
- Bench Press RS - 10%
- Participation/Effort/Cooperation - 5%

SKILLS TESTS FOR FLAG FOOTBALL

Defensive Flag Belt (Tackling) Pulling:

Description: Students attempt to strip the flag belt from 10 ball carriers

Procedure:

- Ten ball carriers run, one at a time, through an area ten yards wide and thirty yards long. Each ball carrier will try to prevent having his or her flag belt pulled by making a move to the left or right of the defender.

Scoring:

- Two points shall be awarded for each successful attempt.
- One point shall be awarded for an unsuccessful attempt that included the proper mechanics of a legal flag belt pull.

Mechanics of a legal flag belt pull include:

- Athletic position (head up, knees and waist bent, hands out and palms down)
- An attempt to grab the actual flag belt, NOT the flag
- A swipe in a downward motion to remove the belt

Also note:

- Students cannot hand check or make body to body contact as the flag belt is being pulled.
- The ball carrier cannot attempt to shield the flag belt. If this happens, another opportunity will be granted to the person testing.

Pass Receiving:

Description: Each student will attempt to correctly run five slant patterns and five wheel routes. One point shall be awarded for running the route correctly and one point shall be awarded for catching the football.

Procedure:

- Slants

  - The ball will be placed on the 3 yard line.
  - The test will be run towards the near end zone.
  - The receiver will line up on the line of scrimmage, four yards from sideline.
  - On QB cadence, receiver runs a slant route and attempts to catch a thrown ball by the QB.

Route running mechanics and scoring criteria

- Receiver’s outside foot is back
Receiver takes three steps, shoulder fakes and cuts off outside foot into a 45 degree angle toward the center of the field

An attempted catch should occur within five yards after the cut

Proper arm and hand mechanics depending on the ball being thrown above or below the waist

**Wheel Routes**

The ball will be placed on the 3 yard line.

The test will be run towards the near end zone.

The receiver will line up on the line of scrimmage, five yards from sideline.

On QB cadence, receiver runs a slant route and attempts to catch a thrown ball by the QB

**Route running mechanics and scoring criteria**

- Receiver’s outside foot is back
- Receiver takes two steps, shoulder fakes and cuts off inside foot at 90 degrees toward sideline
- After three more steps, cuts off outside foot 90 degrees and moves toward end zone along sideline
- Proper arm and hand mechanics depending on the ball being thrown above or below the waist

**Flag Pull Running:**

Description: Students will be graded on the proper mechanics of carrying the football when helping to administer the flag pulling part of the football skills tests.

**Shuttle Run and Cone Drills** – Refer to the Moodle site for a description of these skills tests

**Clothing and Equipment**

1. Students are required to attend class dressed in the NC State gray physical education or health and exercise studies t-shirt/dri-fit shirt and "NC State Red" or black shorts. The t-shirt and shorts may be checked out at the Carmichael gymnasium locker/equipment room with the student’s all-campus card. Students may also wear their own shorts. The NC State t-shirts/dri-fit shirts are also available for purchase at the NC State Bookstore.

2. Students may wear black, red or gray personal warm-ups over PE/HES attire. Jewelry is not permitted. Note: medical alert bracelets and medical alert necklaces are not considered jewelry. Rings, and earrings that cannot be removed must be taped or completely covered and secured.

**Additional safety requirements/guidelines**

- Shorts with pockets or belt loops are not acceptable.
- Students will not be allowed to wear hats or bandanas during competitive play and drills that simulate competitive play.
- To prevent injury, it is recommended that students wear cleats with nonabrasive rubber or rubber-type synthetic material although tennis shoes are acceptable.

**Attendance:** [http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php](http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php)

You are allowed two absences in this class. **A third absence results in an automatic failing grade in the course.**

Make-up opportunities will only apply to excused absences. (i.e., school-related activities with an authorized note, death of family member, medical problems, etc.) Make-up opportunities will need to be completed within two weeks of the excused absence date.

Guidelines will be in effect beginning with the first class of the semester.
Refer to Moodle for the course outline

Quiz #1 is scheduled for September 17 (via Moodle)

Quiz #2 is scheduled for October 1 (in Carmichael – classroom TBA)

**Requirements for Credit Only:** In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- (70%) or better. A grade of U will be reported if the student exceeds 6 absences (excused or unexcused). Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to: http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php Note: The student is responsible for requesting credit only grading on MyPack Portal by the University deadline.

**Requirements for Audit:** Students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade. http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

**Incomplete Grades:** http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make-up work is to be limited to accomplishing the work not completed.

**GENERAL INFORMATION**

- Attire: NCSU physical education issue or special activity attire as indicated by your instructor.
- You must show your ID card to enter Carmichael Gymnasium.
- Due to the nature of this activity, it may be necessary for the instructor to touch the student to assist in form/technique.
- Every physical activity has certain inherent risks and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
- All PE clothing (shorts, t-shirts, swim suits, athletic supports and towels) are to be returned by the last day of exams. Students will be charged for clothing not returned. All personal items left in the locker will be disposed.
- Do not bring or use illegal drugs, tobacco products, or alcoholic beverages during class time.
- Do not bring visitors and/or pets to class. Firearms, weapons, and/or fireworks are prohibited from class.
- Do not use profanity during class.
- Turn off pagers, cell phones, etc. during class time.

**RECOMMENDATIONS FOR SAFETY**

- Students should warm-up and stretch properly before participating in activity and cool-down after any workout. Always work out with a partner.
- Inform your instructor immediately if you have any medical issue that would affect your performance in class.
- Let your instructor know immediately of any symptoms of nausea, fainting, shortness of breath, dizziness, or any other symptoms of discomfort.
- Be aware of location of emergency phones and other methods of obtaining help.
- NC State Student Health Services has information about the Mental Aspects of Sports Participation Guidelines.
ACADEMIC INTEGRITY

Students are expected to work within the letter and spirit of the NCSU Code of Student Conduct. Please see http://www.ncsu.edu/student_affairs/osc/AIpage/acaintegrity.html for more information.

HONOR PLEDGE

You will be required to write the following statement and sign your name to the statement for each test given in this class. "I have neither given nor received unauthorized aid on this test."

INCOMPLETE GRADES

http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

ELECTRONIC HOSTED COURSE COMPONENTS:

Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

ONLINE CLASS EVALUATIONS:

Will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: https://classeval.ncsu.edu/ Student help desk: classeval@ncsu.edu. More information about ClassEval: http://www.ncsu.edu/UPA/classeval/

DIVERSITY

It is the policy of the State of North Carolina to provide equal opportunity in education for all students. The university does not condone unlawful discrimination in any form against students, employees, or applicants on the grounds of race, color, creed, religion, sex, national origin, age, disability, or veteran status. http://www.ncsu.edu/diversity/

STUDENTS WITH DISABILITIES

Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services for Students at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation (REG02.20.1)