

Course Syllabus

1. Program of Study

Bachelor of Science Program
 Bachelor of Arts Program
 Bachelor of Business Administration Program

Bachelor of Nursing Science Program

Faculty/Institute/College

Mahidol University International College

2. Course Code

ICPE118

Course Title

Physical Education:

American Flag Football

3. Number of Credits

1 (Lecture-Lab)(0-3)

4. Prerequisite (s)

None

5. Type of Course

General Education

6. Trimester/Academic year

Trimester 1, 2 and 3/ every academic year

Course Description

A non-contact version of American football; basic fundamentals of running and jumping through an aerobic exercise; honing of hand-eye co-ordination, and building of locomotive skills, as well as developing a variety of strategies of attacking or defending against an opponent.

Course Objective (s)

Flag football is a non-contact version of American football. This game provides the basic fundamentals of running, and jumping through anaerobic exercise. Players will be able to hone their hand-eye-coordination and build locomotive skills as well as develop a variety of strategies of attacking or defending against their opponent.

9. Course Outline

Week		Topic		Instructor	
		Lab			Hour
1	Introduction to Flag Football: Classroom session			3	
2	Quarter Back/ Center Station: Techniques: Snaps, Throws, and Catching; Defensive drills Introduction To 5 on 5 Flag			3	
3	Running Back Station: Techniques: Quarter Back hand-offs, pitches; Running Back receiving, ball protection; Run routes			3	
4	Wide Receiver			3	

	Station: Technique: catching styles, body positions; Pass routes; Play 5 on 5 Flag				Michael Naglis
5	Defensive Back Station: Pass routes; Play 5 on 5 Flag			3	
6	Written Examination			3	
7	Pass routes and defend: Run routes and defend			3	
8	Pass routes and defend: Run routes and defend			3	
9	Review basics/ rules: Mini tournament Start Basic skills test I			3	
10	Basic skills test II: Tournament (cont.)			3	
11	Basic skills test II: Tournament (Conclusion)			3	
12	Final Assessment				
	Total			33	

Teaching Method (s)

Instructions, demonstrations and lead-up activities.

Teaching Media

Demonstrations

Measurement and evaluation of student achievement

Assessment made from the set-forward criteria:

100 – 90%	= A	74 – 70%	= C
89 – 85%	= B+	69 – 60%	= D
84 – 80%	= B	59 >	= F
79 – 75	= C+		

Course evaluation

Final Examination (Basic skills)	25%	
Attendance and participation		40%
Written Examination	35%	
Total	100%	

Reference (s)

Handout provided by the instructor

Instructor (s)

Michael Naglis

Course Coordinator

Michael Naglis

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