



El Camino College
COURSE OUTLINE OF RECORD – Official

Subject:	PE
Course Number:	64
Descriptive Title:	Flag Football
Division:	Kinesiology, Athletics, and Public Safety
Department:	Kinesiology/Phys Ed/First Aid
Course Disciplines:	Physical Education
Catalog Description:	This course introduces the fundamentals of flag football, emphasizing skill development, teamwork, and game strategy in a recreational environment. Students learn essential flag football skills through instruction and practice, including throwing, catching, running routes, flag pulling, kicking, and punting. The curriculum covers basic offensive and defensive strategies, rules of the game, proper etiquette, and sportsmanship. Students will participate in drills, exercises, and game play to improve individual skills, foster teamwork, and enhance cardiovascular conditioning and overall athletic coordination.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	
Hours Lecture (per week):	0
Hours Laboratory (per week):	3
Outside Study Hours:	0
Total Course Hours:	54
Course Units:	1
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	propose, fall 2026
Transfer UC:	Yes
Effective Date:	propose, fall 2026
General Education ECC:	Area 5 - Health and Physical Education
Term:	fall 2026
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	

Other:	
Cal-GETC:	
Term:	
Other:	
Student Learning Outcomes:	<p>Upon successful completion of this course, students will be able to:</p> <ol style="list-style-type: none"> 1. Demonstrate an understanding of the strategic advantages and disadvantages of man and zone defensive strategies in flag football. 2. Identify the defensive strategy being utilized prior to the start of a play by recognizing key positional and alignment indicators. 3. Apply effective and adaptive communication strategies to enhance individual and team performance during competitive play.
Course Objectives:	<ol style="list-style-type: none"> 1. Understand and apply the basic rules and etiquette of flag football 2. Demonstrate fundamental offensive skills such as passing, catching, rushing, blocking (safe non-contact), snapping, and kicking. 3. Demonstrate fundamental defensive skills including rushing the quarterback, defending against passes, defending the run, and reading offensive plays. 4. Learn and apply basic offensive and defensive strategies and team play concepts for effective game performance. 5. Exhibit sportsmanship, teamwork, and leadership skills during class activities and competitive situations. 6. Improve health-related fitness components like cardiovascular performance, muscular strength, endurance, and flexibility through flag football participation. 7. Develop an appreciation for physical activity and recognize the value of flag football for lifelong health and enjoyment. 8. Understand basic flag football scoring and officiating procedures. 9. Identify major muscle groups and their application in flag football movements. 10. Assess and improve personal fitness levels relevant to flag football. 11. Identify and apply injury prevention principles related to flag football and physical activity.
Major Topics:	<p>Introduction to Flag Football (10 hours Lab)</p> <p>Safety</p> <p>Rules</p> <p>Sportsmanship</p> <p>Positions</p> <p>Equipment</p> <p>Fundamental Skills (16 hours Lab)</p>

Passing

Grips

Accuracy

Distance

Catching

Snapping

Center-QB exchange

Running

Speed and Agility

Evasive maneuvers

Basic offensive routes

Flag Pulling

Technique

Pursuit angles

Offensive Strategies (10 hours Lab)

Formation

Play design

Timing

Communication

Defensive Strategies (10 Hours Lab)

Man-to-Man coverage

Zone coverage

Blitzing strategies

	<p>Fitness and Conditioning (8 Hours Lab)</p> <p>Injury prevention</p> <p>Warm -up and cool down</p> <p>Sprints</p> <p>Agility ladder</p> <p>Drills</p> <p>Core strength</p>
Total Lecture Hours:	0
Total Laboratory Hours:	54
Total Hours:	54
A.1. Primary Methods of Evaluation (Part 1 - CCN courses only):	
Primary Method of Evaluation:	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	Students will demonstrate, throughout the duration of a play, knowledge of individual responsibilities and the physical proficiency required to effectively execute the assigned strategy.
Critical Thinking Assignment 1:	Identify how different strategies address specific game situations.
Critical Thinking Assignment 2:	Suggest adjustments or improvements to team strategy based on performance analysis.
Other Evaluation Methods:	Class Performance, Matching Items, Performance Exams, True/False
If Other:	
Instructional Methods:	Demonstration, Discussion, Guest Speakers
If other:	
Work Outside of Class:	
If Other:	
Up-To-Date Representative Texts:	<ul style="list-style-type: none"> • <i>Fundamentals of Flag & Tackle Football: For The Student Athlete</i> (2024) by Drexel Perkins: This guide covers basics, advanced techniques, strategy, tactics, health, and wellness for student-athletes, coaches, and parents. • <i>Flag Football Essentials: The Game for Everyone</i> (2016) by John Johnson: This book provides essential information about the game. (Discipline Standard) • <i>NIRSA Flag & Touch Football Rules Book & Officials' Manual</i> (2025): This manual, which is specifically designed for intramural and recreational play on college campuses, covers rules, officiating, and training guidance.
Alternative Texts:	

Required Supplementary Readings:	
Other Required Materials:	
Requisite	
Category	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching skill(s): Bold the requisite skill(s), if applicable	
Requisite course:	
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Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s), if applicable	
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Gifford Lindheim
Date:	October 29, 2025
Original Board Approval Date:	4/16/2026
Effective Term:	SP 2026