

Large Group Activities – Open – Football**PAL40B**

The emphasis of the health and physical education program is on physical activity. This Large group Activity has a football focus. Particular attention will be paid to the technical and tactical components of football. Technical components include: running, passing, tackling, blocking, etc. Tactical components include offensive and defensive strategies as they pertain to football. Physical conditioning and weight training will also be incorporated into the course. Leadership is a key component of the course. Each student will be expected to log leadership hours in areas such as coaching and refereeing. Health topics will focus on fitness, nutrition and anatomy.

Prerequisite: None