**Syllabus / Course Outline HPED 102 A Football**

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| **Course Name: Football**  |
| **Course Code: HPED 102 A** | **Course Type (elective)** | **Course Credits: 1 hr.**  |
| **Class Timings: 15:00-16:00****Monday, Wednesday** | **Section: A** | **Student Meeting Hours/ Office Hours:****10:00 -12:00 Monday to Friday** |
| **Instructor Name: Shahzad Nazir** |
| **A Note from the Instructor:**Students will learn different Football basic skills like Passing, Receiving, Dribbling, shooting, Ball Control, Heading, Decision making, running with the ball, corner kick, direct free kick and indirect free kick, Penalty kick and many more skills related to football as well as you will learn Basic Rules of Football like football ground specifications and how to officiated football match etc.Students will learn a sense of preparedness for the future. Students develop self-discipline, motivation and leadership skill that they will need to succeed in building a purposeful life. Always give instructions positively. While given instruction be clear and concise. Show athletes the correct techniques (demonstrate) reinforce efforts and progress. Student can improve cardiovascular health, Help manage weight, Low risk of heart disease stroke and diabetes. Enhance aerobic fitness improve muscular strength and endurance. Improve joints flexibilities and range of motion and stress relief. |
| **Instructor Contact Details****Email:** shahzadnazir@fccollege.edu.pk**Mobile:** 0300-9472665**Office Hours:** 10:00 am to 12:00 noon Monday to Friday |
| **Course Description**:Pre-requisites: (Students must be physically and medically fit)Football was famous for only men but with the changes of time now women are also taking interest to play football with real sports thrill. This is the combination of agility, speed and endurance. It involves the technique of running, tackling, heading, ball control and dribbling. All players will play football with team coordination and offense or defense skills.  |
| **Main Mode of Instruction:** *(Moodle, Zoom, Practical on field, class, whatsapp group)***Technology Requirements** Football Field / AV-aids |
| **Course Objectives/ students learning outline (SLOs):**1. The objective of this course is to promote Football game among the students and equip them with necessary skill (Shooting, dribbling, kicking and passing) and also knowledge of Football.
2. The objective of this course is to inculcate the skills of Football to equip them with the necessary rules and techniques.
3. The students will also be furnished with good gaming and winning techniques of the game.
4. Explain the competition rules that govern Football.
5. Demonstrate the perfection of basic skills of Football.
6. Explain the basic movement and output of human body during the game.
7. Show improved physical fitness.
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**Course Content, Learning Material & Activities Schedule**

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| **Wk**  | **Topic/ Title**  | [**Teaching-Learning Activities: Replacing Traditional Modalities With Remote Options**](https://docs.google.com/document/d/1jY2UWb3QuOogkiSMdPvZd33eKe2kRpfzsTm2LSrnLko/edit#heading=h.4dy4q49omahn)  |
| **Synchronous****(Simultaneously conducted)***Presentation / Lecture* *Live Video-Audio**Small-Group Discussion/ Breakout Rooms**In-class quiz**Q&A/ Live Chat* | **Asynchronous**(postal/ Moodle/ email)*Discussion blogs* *WhatsApp**Readings**Moodle Quizzes**Assignment Submission* *Online Content/ Recordings**Lecture notes/ Annotated PPT**Experiential learning* |
| In-Person | Online | Off-campus and offline |
| 1 | Importance of physical fitness to long-term health. | Practical on Field | Moodle | Moodle |
| Physical fitness and Importance of Warm up/ cool down | Practical on Field | Moodle | Moodle |
| 2 | Difference between aerobic and anaerobic Exercise | Practical on Field | Moodle | Moodle |
| Warm Up Exercise & stretching exercises  | Practical on Field | Moodle | Moodle |
| 3 | Football ground specification | Practical on Field | Moodle | Moodle |
| General Rules of the game | Practical on Field | Moodle | Moodle |
| 4 | Practical: Passing and receiving the ball | Practical on Field | Moodle | Moodle |
| Practical: Passing and receiving the ball | Practical on Field | Moodle | Moodle |
| 5 | Officials and duties  | Practical on Field | Moodle | Moodle |
| Practical: Tackling and ball control | Practical on Field | Moodle | Moodle |
| 6 | Practical: dribbling  | Practical on Field | Moodle | Moodle |
| Practical: dribbling and ball control  | Practical on Field | Moodle | Moodle |
| 7 | Practical: passing and tackling  | Practical on Field | Moodle | Moodle |
| Practical: heading Practice | Practical on Field | Moodle | Moodle |
| 8 | Practical: Throw-in practice | Practical on Field | Moodle | Moodle |
| Practical: heading and throw-in | Practical on Field | Moodle | Moodle |
| 9 | Practical: Kick Off – Goal Kick (Direct Free Kick, In Direct Free Kick) | Practical on Field | Moodle | Moodle |
| Practical: Penalty Kick- Corner Kick | Practical on Field | Moodle | Moodle |
| 10 | Practical: Shooting – Long Range Kick | Practical on Field | Moodle | Moodle |
| Practical: Short Range Kick | Practical on Field | Moodle | Moodle |
| 11 | How to stop the driving ball | Practical on Field | Moodle | Moodle |
| Trapping | Practical on Field | Moodle | Moodle |
| 12 | Practical: Running with the Ball and passing  | Practical on Field | Moodle | Moodle |
| Practical: exercises for Football  | Practical on Field | Moodle | Moodle |
| 13 | Collecting the Ball (Receiving) | Practical on Field | Moodle | Moodle |
| Long pass – Short Pass -Heels Pass | Practical on Field | Moodle | Moodle |
| 14 | Shooting | Practical on Field | Moodle | Moodle |
| Revision of skills | Practical on Field | Moodle | Moodle |
| 15 | Revision of skills | Practical on Field | Moodle | Moodle |
| Final Practical Exam on Football Field | Practical on Field | Moodle | Moodle |

**Course Requirements:**

Students must be physically and medically fit.

The breakup is as follows:

**Class Participation: 20**%

**Final Exam Practical: 80%**

**Total: 100 %**

**Attendance Policy:**

Students must fulfil the requirement of 80% attendance to appear in the Final Exam.

 Students are expected to attend each class. However, it is understandable that there are times when students may miss an occasional class.

 There are **NO EXCUSED ABSENCES** under this policy. All absences are counted, regardless of the reason for the absence, except for illness and other personal reasons. (With proof by documentation)

 Students are responsible for keeping track of the number of their absences. The instructor is not required

to notify a student orally or in writing if the student has excessive absences.

* Students who do not meet the **required attendance policy of 80 %** in the course, will not be able to appear in the **Final Exam**.

**CLASS LATENESS:**

 Student should not be late than five minutes according to the class timings.

• If a student is coming late in class ( i.e. more than five minutes), the student will be considered absent.

• No attendance will be marked after the first ten minutes of class.

**LEAVE POLICY:**

 Student must submit the LEAVE APPLICATION to the instructor before the leave or on the very next day when the student returns to the class, after the absence.

 No Leave will be marked after the certain date as mentioned above.

 It is not the responsibility of any student to ask the instructor to mark leave for another student if he/she is

absent from class. Such information will not be considered as Leave.

**CLASS PARTICIPATION POLICY:**

Attendance

(20 MARKS)

This will be considered as an important component of evaluation and grading. Therefore, lack of attendance may influence the student’s ability to do well in the course where participation is highly valued.

• There will be a final evaluation and grading of 20 Marks for the attendance throughout the course.

• Leaves will not be counted as Present in the Final Evaluation of 20 Marks.

**Grade Determination & Course Assessment as per FCCU Policy:**

**Grading Legend**

Below is the grading legend of FCCU (published in all catalogs and available on the FCCU website) as approved by the Academic Council

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| **Grade** | **Point Value** | **Numerical Value** | **Meaning** |
| A | 4.00 | 93-100 | Superior |
| A- | 3.70 | 90-92 |
| B+ | 3.30 | 87-89 | Good |
| B | 3.00 | 83-86 |
| B- | 2.70 | 80-82 |
| C+ | 2.30 | 77-79 | Satisfactory |
| C | 2.00 | 73-76 |
| C- | 1.70 | 70-72 |
| D+ | 1.30 | 67-69 | Passing |
| D | 1.00 | 60-66 |
| F | 0.00 | 59 or below | Failing |