Southern Illinois University Carbondale
College of Education and Human Services
Department of Kinesiology
KIN 106B
Flag Football

INSTRUCTOR INFORMATION:

NAME: 
OFFICE: 
MAILBOX: 
PHONE: 
E-MAIL: 
OFFICE HOURS: 

Course Objectives and Outcomes:

A. To develop the basic skills of flag football.
B. To acquire a basic knowledge of rules, techniques and strategies of flag football.
C. To be able to analyze basic skills of flag football
D. To be able to demonstrate the basic skills and knowledge of flag football.
E. To use common sense and good judgment in regards to the safety of team members, opponents and self.

COURSE CONTENT:

A. Offensive Techniques
   1. Passing
   2. Receiving
   3. Blocking
   4. Punting

B. Defensive Techniques
   1. Obtaining Flags
   2. Pursuit of Ballcarrier
   3. Defeating Blocks

C. Offensive Strategies
   1. Formations
   2. Motion and Shifts

D. Defensive Strategies
   1. Formations
   2. Coverages and Blitzes

E. Basics of Game
   1. Rules
   2. History
   3. Officiating

COURSE POLICIES:

Exams:

Exam questions will be based on material covered in lecture. Material from lecture includes any information printed on class handouts as well as any additional information given verbally. Bring something to write with/on. The majority of the course lectures will take place during the 10 minutes of each class session. The final exam will test your knowledge of all the basic material that has been covered throughout the class. A study guides for each exam will be distributed. The final exam will take place on May 2, 2013, last class of the semester.
E-mail Assignment:

After the instructor has everyone’s e-mail address (Thursday, 3/21/2012), he will send a “mass” email to the entire class with the words “E-mail Assignment” in the subject line. Each student will then respond to the mass e-mail with an email that contains the student’s name, the name of the class, and the class meeting time. This must be completed by class time on Thursday, 3/28/2012. The instructor will acknowledge this e-mail with an e-mail that contains the words “You have finished the E-mail Assignment with a grade of 100%. Maintain your E-mail Assignment grade by checking your e-mail account 3-4 times per week. You do NOT need to respond to this message, but retain this confirmation email for ~3 weeks in case of any grade discrepancies.” It is crucial that you maintain and monitor your e-mail account throughout the course as updates/instructions/changes will often be communicated via e-mail. Failure to check your e-mail regularly will result in a reduction in your E-mail assignment grade. If your email address changes, it is your responsibility to inform the instructor.

Example:

Mr. Keys,/Good Afternoon Mr. Keys,/ Hello Mr. Keys,/etc.

Text Entry with no run on sentences, correct punctuation, and proper grammar.

Thank you,/Talk to you soon,/etc.

(Insert Name)

DRESS CODE:

A. Shirt and shorts. No cut-offs (shirts or shorts). Warm-up or sweatsuit is optional.
B. Tennis or running type shoes and socks. Cleats will be allowed, but NO MEDAL cleats
C. Due to the possible increase of risk of physical injury it is recommended that students not wear jewelry (including body jewelry) during classes. To protect other students, if worn, jewelry must be covered with some type of material that cannot be penetrated by the jewelry.

A violation of any of these policies will prohibit the player from participation on that day and he or she will be considered absent for the day.

ATTENDANCE/TARDINESS:

Tardiness:

A student is considered tardy for a class if he/she arrives after attendance has been taken for the class. Students who arrive fifteen minutes or later for a class period will be considered absent.

Tardiness will affect absences in the following manner: Three tardies will count as one absence and will affect your grade as stated below.

Attendance:

Class attendance for all class sessions is mandatory. Each student is given one “free” unexcused absence for the term (an excuse is not necessary – the freebie absences will be “used up” regardless of the circumstance the after the first time you are absent). Each unexcused absence beyond the one freebie will reduce the overall attendance grade by 5 percentage points (You start with a grade of 100). Example: Attendance Grade = 100. First Unexcused Absence = -5 → 100 - 10 = 95 (new Attendance grade). Excused absences are those that are approved prior to the class meeting period or in a reasonable amount of time after the missed class (24-36 hours). In some
cases, excused absences may require documentation in order to be approved. Leaving class early or any other lack of participation, unless otherwise excused, will be considered an unexcused absence. Please be prepared to participate in class discussion – sleeping, disruptiveness, etc. will not be tolerated.

Students are expected to not only attend each class, but they are also expected to participate every day and in every activity. Failure to participate in each class will result in a grade deduction. Students who come to class but fail to participate more than 2 times will face a 5 point deduction from their overall grade.

Students are responsible for all material presented in class including assignments, whether or not they are present in class.

Class Work:

(e.g. in-class assignments, unannounced quizzes, participation in drills, participation in tournaments, and major examinations which will be announced at least one week in advance, etc.) will not be made up by students who fail to attend the class during which these activities take place.

Exceptions:

A. A student who misses class work (e.g. in-class assignment, quiz, participation in drills, participation in tournaments, or examination) because of participation in a University-sponsored activity (field trip for another course, athletic event, etc.) will be permitted to make up the missed work provided he or she has notified the instructor in advance and in writing the date and reason he or she will miss the class.

B. A student who misses an in-class assignment, quiz, participation in drills, participation in tournaments, or examination because of required observance of religious holidays may be permitted to make up the missed work provided he or she has notified the instructor in advance and in writing the date and reason he or she will miss the class.

C. Other extenuating circumstances may be considered by the instructor on an individual basis.

D. If a student is unable to attend class because of illness or other emergency, and desires the instructor to consider permitting work to be made up, the student must contact the instructor by telephone or email as soon as possible, and describe the reason the class will be missed. In such cases the instructor may require students to document reasons for the absence.

Note: Illness or Injury: Participating in a Kinesiology activity class involves risks of physical injury. Students are responsible for obtaining appropriate medical approval to participate in physical activity that is considered to be normal and customary for the course in question. The student is also responsible for making the instructor aware of any medical limitations he or she may have with respect to the physical activity in question. The student shall also make the instructor aware if medical conditions (including pregnancy) or complaints develop after the start of the course. Each student will be required to sign a form that indicates that he/she understands and will abide by the course guidelines outlined in the syllabus. The student’s signature also certifies that they understand the inherent risk of any physical activity. This form will be distributed on the first day of class.

Grade Breakdown:

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<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>E-mail Assignment</td>
<td>5%</td>
</tr>
<tr>
<td>Attendance</td>
<td>30%</td>
</tr>
<tr>
<td>Participation</td>
<td>40%</td>
</tr>
</tbody>
</table>
Midterm Paper  10%
Final Exam  15%
TOTAL:  100%

Evaluation:

90-100%  =  A
80-89.9%  =  B
70-79.9%  =  C
60-69.9%  =  D
< 59.9%   =  F

Cell Phones and Headphones:

Cell phones should be in the “off” or “silent” mode at the start of each class period. If your cell phone rings during class, you will be given one warning. If it rings a 2nd time, you will be asked to leave the class and your overall course grade will be reduced by 5% for that infraction and for any infraction thereafter. The same policy applies if you have your phone out for any reason (texting, etc.). Headphones must be removed at the start of each class period.

Contacting the instructor:

The instructor’s email address and phone number are located on the syllabus and can also be located by using the “People Finder” on www.siuc.edu or by calling the university information number (453-2121) or the Kinesiology Department (536-2431). When you contact the instructor via email regarding a new topic, you must use proper grammar, punctuation, and capitalization. You must also use a proper salutation and type your name at the end of the email. Once an email conversation thread is started, further emails in the thread do not require a salutation.

Only highly exceptional circumstances can prevent you from contacting the instructor in a timely fashion. The best advice to take would be to treat this class like it was your “job” and the instructor like your “boss”. Adherence to this policy will increase the chance of the instructor accepting your excuse as legitimate. Upon your return to class it is your responsibility to follow-up with the instructor on anything you might have missed during your absence. It is suggested that you consult the syllabus and/or ask a classmate prior to approaching the instructor (be resourceful). Do not ask the instructor the question: “Did I miss anything important?” – assume that you did. If you are absent for a long length of time, it is recommended that you stay in frequent phone or email contact with the instructor.

Disability Issues:

Students with disabilities who believe that they need accommodations in this class/program should contact the instructors immediately to ensure that appropriate accommodations are implemented in a timely fashion.

Emergency Procedures:

Southern Illinois University Carbondale is committed to providing a safe and healthy environment for study and work. Because some health and safety circumstances are beyond our control, we ask that you become familiar with the SIUC Emergency Response Plan and Building Emergency Response Team (BERT) program. Emergency response information is available on posters in buildings on campus, available on BERT’s website at www.bert.siu.edu, Department of Safety’s website www.dps.siu.edu (disaster drop down) and in Emergency Response Guidelines pamphlet. Know how to respond to each type of emergency.
Instructors will provide guidance and direction to students in the classroom in the event of an emergency affecting your location. It is important that you follow these instructions and stay with your instructor during an evacuation or sheltering emergency. The Building Emergency Response Team will provide assistance to your instructor in evacuating the building or sheltering within the facility.

**Academic Dishonesty:**

The penalty for academic dishonesty (cheating, allowing another student to cheat off of you, plagiarism, etc.) on any assignment or examination will result in an automatic score of zero for that assignment/exam and may result in a failing grade for the course.

**Syllabus Contract:**

Each student will be required to sign a form that indicates that he/she understands and will abide by the course guidelines outlined in the syllabus. This form will be distributed on the first day of class.

**Medical Information Form**

Since this course has an activity component, each student will be required to complete a medical information form. This form will allow the instructor to have official record of medical issues that might be relevant to the activity component of the course. The instructor will take every precaution to insure that this medical information remains confidential.

**KIN 106 B FLAG FOOTBALL MIDTERM PAPER DESCRIPTION**

You are to write a minimum 3½ page paper, not counting the works cited page and will be in Times New Roman 12 font, double spaced, with 1” margins. This assignment encompasses different aspects of football, including the history of the game, a particular team as well as a particular player. Students are expected to use a minimum of 3 sources that are academic in nature (Wikipedia does not count as an academic source) and cite them correctly. I do not care what format you use (APA, MLA, Chicago, etc.), but be consistent throughout. You must include a references page at the end, and it must be on a page separate from the rest of the paper.

**Guidelines for the paper are:**

You need to write a minimum of 1 page on the history of the Football (when it started, struggles it has faced to become popular, perhaps what other leagues the NFL has competed against, when the Super Bowl began, and anything else you care to mention.)

**A minimum of 1 page on your favorite NFL team.** Provide history for when it became a franchise, if it has ever been in a different city, some of the franchise’s most notable players, Super Bowl Titles (if any), and why it is that you relate to this team, including if you have always associated yourself with this team, or if it has only been more recently.
A minimum of 1 page on your favorite player. Tell about this player, including background, college career, where he was drafted, what teams he has played for, personal career accomplishments, and why you consider this player to be your favorite. Feel free to include any additional information you would like.

Cheating on this paper will result in an automatic zero. If you are unsure, it is best to cite the source you are using rather than risk being guilty of plagiarism.

As mentioned, this paper is to be a minimum of 3 ½ pages in length, but please try to avoid more than 6 pages including the title page. As with any paper, you should include an introduction and conclusion, title page, and have your pages numbered.

This paper is worth a maximum of 100 points (10% of grade.) Students will have the opportunity to receive full credit if they use the minimum number of sources, correctly cite the sources they use, provide a reference page formatted properly, have pages numbered correctly, and it is clear that they have put in a significant amount of time.

Points will be deducted for the following:

Not meeting the minimum number of sources; No title page; Not meeting formatting requirements; Pages not numbered

Extra Credit:

I will provide 2 points extra credit to any student who provides a list of the previous 10 Super Bowl matchups, including who won and who they defeated, as well as what the final score was.

Due Date:

Students need to turn in a hard copy of this paper by Thursday, April 30, 2013 before the start of our class period (1:00 pm). Please feel free to contact me with any questions or concerns you may have.

Grading:

Football History: 30 pts
Athlete: 30 pts
Team: 30 pts
Sources: 5 pts (No citing 3 pts)
Title Page: 2 pts
Format/Page #/ Grammar: 3 pts
Extra Credit: 2 pts