

**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