TEAM 132.1 Flag Football I

TEAM 132.1 FLAG FOOTBALL I
This course provides beginning skills in flag football, including catching, running with the ball, strategies, blocking, and rules of the game. Drills and competitions are used. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 1

Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*