



## KINE 172 - Rugby Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

### SECTION A

**Unique ID Number** CCC000616696

**Discipline(s)** Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 172

**Course Title** Rugby

**TOP Code/SAM Code** 1270.00 - Kinesiology / E - Non-Occupational

**Rationale for adding this course to the curriculum** Changing subject code to KINE.

**Units** 1.5

**Cross List** N/A

**Typical Course Weeks** 18

### Total Instructional Hours

#### Contact Hours

**Lecture** 0.00

**Lab** 0.00

**Activity** 54.00

**Work Experience** 0.00

**Outside of Class Hours** 27.00

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**Total Contact Hours** 54

**Total Student Hours** 81

**Open Entry/Open Exit** No

**Maximum Enrollment** 25

**Grading Option** Letter Grade or P/NP

**Distance Education Mode of Instruction** On-Campus

### SECTION B

## General Education Information:

### SECTION C

#### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** This course is designed to introduce students to the sport of rugby. Basic skills needed for competitive and recreational play will be developed.

**Schedule Description**

### SECTION D

#### Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

### SECTION E

#### Course Outline Information

##### 1. Student Learning Outcomes:

- A. Student will learn the rules for competitive rugby.
- B. Students will demonstrate offensive and defensive skills needed for rugby.

##### 2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Understand rugby rules;
- B. Demonstrate offensive and defensive skills needed for rugby;
- C. Demonstrate tactics for game play;
- D. Play the game of rugby using good teamwork and positive sportsmanship.
- E.

##### 3. Course Content

- A. Rules and regulations for competitive rugby.
- B. Evasion skills
- C. Handling skills-throwing, catching, passing, ball control.
- D. Contact skills-attack, defense, safe tackling, body control.
- E. Maul skills-body position, link player, support players.
- F. Ruck skills-body position, ball carrier, support players.
- G. Scrum skills-body position, put-in and strike, pick or pass.
- H. Lineout skills-restarting from touch.
- I. Kicking and catching.
- J. Offense and defensive tactics.
- K. Teamwork and sportsmanship.
- L.

##### 4. Methods of Instruction:

**Activity:** Students will be required to demonstrate throwing, passing, ball control, tackling, ball carrier and correct body positioning.

**Lecture:** Lecture components will include rules, regulations and terminology. Lecture will also include basic offensive and defensive skills and strategies.

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

#### Typical classroom assessment techniques

Exams/Tests -- Students will have written tests on rules, regulations and terminology.  
Research Projects -- Students will be required to research the sport of rugby as an international sport.

Additional assessment information:

Students will be required to demonstrate rugby skills for game play.

Letter Grade or P/NP

**6. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Students will be required to read text as well as class handouts.

Example:

The significance of the All Blacks as a cultural icon.

B. Writing Assignments

Students will be required to write a research paper on International rugby.

Students will be required to complete short essay exams such as:

Describe the role that support players play in a ruck.

C. Other Assignments

Students will be required to perform skills tests demonstrating evasion, handling and contact skills as well as offensive and defensive strategies.

**7. Required Materials**

**A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: John Mckitterick, Tony Williams

Title: Rugby Sevens Skills, Tactics and Rules

Publisher: Human Kinetics

Date of Publication: 2016

Edition: 1st

**B. Other required materials/supplies.**