

**I. CATALOG DESCRIPTION**

- A. Department Information:  
Division: Physical Education, Athletics & Health  
Department: N/A  
Course ID: PE 285X2  
Course Title: Professional Activities: Football  
Units: 2  
Lecture: 1 Hour  
Laboratory: 3 Hours  
Prerequisites: None
- B. Catalog and Schedule Description:  
An introduction to the physical, mental and emotional aspects of playing and coaching football. Instruction and practical experience for prospective players, coaches and teachers.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Two**

**III. EXPECTED OUTCOMES FOR STUDENTS:**

- A. On successful completion of level one of this course, the student should be able to:
1. Demonstrate a basic understanding of aerobic and anaerobic exercises.
  2. Plan and execute a basic weight training program that will concentrate on the four major muscle groups.
  3. Plan and execute a basic flexibility program that will increase the muscle flexibility of the four major muscles.
  4. Demonstrate the proper technique of tackling.
  5. Demonstrate the proper technique of four basic blocks:
    - a. Down block
    - b. Base block
    - c. Pull block
    - d. Reach block
- B. On successful completion of level two of this course, the student should be able to:
1. Demonstrate and orally explain the proper body and hand position to catch a football 9 out of 10 times.
  2. Demonstrate and orally explain the proper technique to throw a football.
  3. Demonstrate orally or in written form, four basic defensive fronts and coverages.
  4. Demonstrate orally or in written form, four basic offensive formations and motions.

**IV. CONTENT:**

- A. Introduction
1. History of the game
- B. Individual positions in offense, defense, and kicking game phases
1. Characteristics of each position in each phase
  2. Film of a football game for practical visual identification and examples of the characteristics of individual positions
  3. Flexibility exercises taught – demonstration – practical experience
- C. Stance, basic steps and alignment according to each specific position on the football field
1. Breakdown of major phases of football introduced philosophy goals, weaknesses and strengths
  2. Practical experience in all basic skills in all positions of football
  3. Skills test – midterm practicum
- D. Football strategies
1. Adjusting basic skills in various situations by position
  2. Competitive non-contact 7-on-7 drills, passing, receiving, pass defending and pursuit drills emphasized on field experience

3. Running game – blocking, ball handling and play calling – offense and defense – on field experience
- E. Kicking game, all phases
  1. Punting
  2. Kickoffs
  3. Kickoff return
  4. Punt returns/punt block
  5. Extra point and field goal
  6. Extra point and field goal block
- F. Review of course
  1. Written evaluations of football program
  2. Analysis of football game films

**V. METHODS OF INSTRUCTION:**

- A. Lecture and reading assignments in related literature
- B. Demonstrations and laboratory
- C. Films
  1. Training films for individual techniques
  2. General offensive and defensive strategies
  3. Current game films of football
- D. Observation of District feeder high school football coaches and programs
- E. Outside practice

**VI. TYPICAL ASSIGNMENTS:**

- A. Reading of text and discussion of offensive and defensive strategies
- B. Application of rules
- C. Terminology review
- D. Demonstration by athletes skilled in their position (e.g., demonstrate the proper technique for “handing off” the football).

**VII. EVALUATION:**

- A. Methods of Evaluation:
  1. Methods of evaluation for first semester students
    - a) Skill tests – form analysis of five basic skills
    - b) Written assignment on rules of football
    - c) Written final exam
  2. Methods of evaluation for second semester students
    - a) Skill tests – form analysis of seven basic skills
    - b) Written assignment on offensive and defensive strategy
    - c) Written final exam
- B. Frequency of Evaluation:
  1. Weekly skills testing
  2. Written assignment and final exam at end of semester
- C. Typical exam questions:
  1. Develop a team practice plan for a given week
  2. Read and critique and article on zone pass coverages

**VIII. TYPICAL TEXT(S):**

Bass, Tom. Play Football the NFL Way: Position-by-Position techniques and drills for Offense, Defense, and Special Teams, St. Martin’s Griffin, 1990.

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS:** Football shoes, shorts or sweat pants, and T-shirt