

**I. CATALOG DESCRIPTION:**

A. Department Information:

Division: Physical Education, Athletics & Health  
Department: Physical Education  
Course ID: PE-T 108x4  
Course Title: Team Sport Activities: Football  
Units: 1  
Lecture: None  
Lab: 3 Hours  
Prerequisite: None

B. Catalog and Schedule Description:

This activity course is designed to introduce students to the skills, techniques, strategy, rules as well as ethics of football.

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

**III. EXPECTED OUTCOMES FOR STUDENTS:**

A. On successful completion of level one of this course, the student should be able to:

1. Describe the history of football
2. Demonstrate basic offense skills: blocking, passing, ball handling
3. Use offensive terminology
4. Demonstrate knowledge of rules for offense
5. Describe equipment used to develop offensive skills
6. Practice beginning individual drills

B. On successful completion of level two of this course, the student should be able to:

1. Demonstrate basic defensive skills: stances, tackling, back peddling, blow delivery
2. Use defensive terminology
3. Demonstrate knowledge of rules for defense
4. Describe equipment used to develop defensive skills
5. Practice intermediate individual drills

C. On successful completion of level three of this course, the student should be able to:

1. Demonstrate basic special team skills: kicking, punting, snapping, catching
2. Use special team terminology
3. Demonstrate knowledge of rules of special teams
4. Describe equipment used to develop special team skills
5. Practice intermediate drills

D. On successful completion of level four of this course, the student should be able to:

1. Demonstrate offensive formation and play calling
2. Demonstrate defensive formation and play calling
3. Demonstrate special team formation and play calling
4. Practice advanced individual drills

**IV. COURSE CONTENT:**

A. Orientation to basic skills and rules used in football.

B. Fundamental skills instructed:

1. Blocking
2. Tackling
3. Passing
4. Catching
5. Ball handling
6. Pass patterns

7. Kicking

**V. METHODS OF INSTRUCTION:**

- A. Lecture
- B. Demonstration
- C. Video tapes
- D. Guest speakers
- E. Discussion

**VI. TYPICAL ASSIGNMENTS:**

- A. Identify names and purposes of football drills
- B. Select chapter from text and share content orally in small group

**VII. EVALUATION(S):**

- A. Methods of Evaluation
  - 1. Methods of evaluation for first semester students
    - a) Skill tests – form analysis in three basic skills
    - b) Written assignments on basic rules and techniques
    - c) Written final examination
  - 2. Methods of evaluation for second semester students
    - a) Skill tests – form analysis in five basic skills
    - b) Written assignments on basic team offense and defense
    - c) Written final exam
  - 3. Methods of evaluation for third semester students
    - a) Skill tests – form analysis in three advanced techniques
    - b) Written assignments on advanced rules and techniques
    - c) Written final exam
  - 4. Methods of evaluation for fourth semester students
    - a) Skill tests – form analysis in five advanced techniques
    - b) Written assignments of advanced team offense and defense
    - c) Written final exam
- B. Frequency of evaluation:
  - 1. Weekly skill tests
  - 2. Written assignments every 3-4 weeks
  - 3. Final exam at end of semester

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

Bass, Tom. Play Football the NFL Way: Position-by-Position techniques and drills for Offense, Defense, and Special Teams.

Bobo, M., & Dykes, S., Principles of Coaching Football, Allyn and Bacon, 1998.

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