

**I. CATALOG DESCRIPTION:**

A. Department Information:

Division: Physical Education, Athletics & Health  
Department: Physical Education  
Course ID: PE/V 100 X 4  
Course Title: Intercollegiate Football  
Units: 1  
Lecture: None  
Lab: 3 Hours  
Prerequisite: None

B. Catalog and Schedule Description:

This course is designed to teach the various skills, knowledge, techniques, and strategies of intercollegiate football. The course includes individual and group instruction to prepare students for intercollegiate competition.

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

**III. EXPECTED OUTCOMES FOR STUDENTS**

**Upon successful completion of level one of this course, the student should be able to:**

- A. Perform flexibility and warm up exercises
- B. Describe the basic principles of cardiovascular fitness and training
- C. Cite the basic principles of nutrition
- D. Exhibit beginning level skill in football
- E. Demonstrate beginning level knowledge of safety and injury prevention
- F. Demonstrate beginning level knowledge of football rules and strategy

**Upon successful completion of level two of this course, the student should be able to:**

- A. Lead other students through a series of flexibility and warm up exercises
- B. Demonstrate a low intermediate knowledge of cardiovascular fitness and training
- C. Discuss the importance of nutrition on training
- D. Exhibit low intermediate level skill in football
- E. Demonstrate low intermediate level knowledge of safety and injury prevention
- F. Demonstrate low intermediate level knowledge of football rules and strategy

**Upon successful completion of level three of this course, the student should be able to:**

- A. Demonstrate high intermediate knowledge of cardiovascular fitness and training
- B. Exhibit high intermediate level of football skill
- C. Demonstrate high intermediate level knowledge of safety and injury prevention
- D. Demonstrate high intermediate level knowledge of football rules and strategy

**Upon successful completion of level four of this course, the student should be able to:**

- A. Demonstrate advanced knowledge of cardiovascular fitness and training
- B. Exhibit advanced level football skills
- C. Demonstrate advanced level knowledge of safety and injury prevention
- D. Demonstrate advanced level knowledge of football rules and strategy

**IV. CONTENT:**

- A. Introduction
  - 1. History of football
  - 2. Importance of teamwork
  - 3. Standards of conduct
- B. Safety, Hydration, and Nutrition

1. Safety equipment
  2. Injury prevention
  3. Stretching
  4. Warm up
  5. Cool down
  6. Training precautions
  7. Training techniques
  8. Hydration
  9. Recovery
  10. Dietary concerns
- C. Football Fundamentals
1. Blocking
  2. Tackling
  3. Passing
  4. Running
  5. Receiving
  6. Defeating a block
  7. Reading keys
  8. Coverage techniques
- D. Football Rules
1. Offsides/Illegal procedure
  2. Illegal Blocks
  3. Pass interference
  4. Illegal man downfield
  5. Kicking game infractions
  6. Unsportsmanlike conduct
- E. Football Strategy
1. The running game
  2. The passing game
  3. Spread offense
  4. Power offense
  5. Short yardage offense
  6. Run defense
  7. Pass defense
  8. The kicking game
  9. Managing the clock
  10. Mental aspects

**V. METHODS OF INSTRUCTION: (Please check all that apply and add any additional not listed)**

- Lecture
- Class and/or small group discussion
- Critical evaluation of texts, newspapers, journal articles, and other printed research
- Critical evaluation of films, videotapes, audiotapes, or other media forms
- Classroom demonstrations
- Field trips
- Guest speakers
- Other:
- Other:

**VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:**

- A. Reading Assignment. Reading assignments are required and may include (but are not limited to) the following: After reading a journal article on managing the game clock, discuss in small groups the importance of proper hydration and nutrition.

- B. Writing Assignment. Writing assignments are required and may include (but are not limited to) the following: Write a 2-page paper identifying the various safety precautions one should take before entering into a football competition.
- C. Critical Thinking Assignment. Critical thinking assignments are required and may include (but are not limited to) the following: After reviewing a videotape of a collegiate football game, critique the strategy employed by the losing team and describe what that team could have done (if anything) to be more competitive.

**VII. EVALUATION:**

A student's grade will be based on multiple measures of performance and will reflect the objectives explained above. A final grade of "C" or better should indicate that the student has the ability to successfully apply the principles and techniques taught in this course. These evaluation methods may include, but are not limited to, the following (Please check all that apply, and add additional not listed):

- Portfolios
- Projects
- Written papers or reports
- Presentations (oral and visual)
- Work performance (internships or field work)
- Lab work
- Comprehensive examinations (cumulative finals or certifications)
- Peer evaluation
- Self evaluation
- Classroom participation
- Homework
- Other
- Other

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

- A. American Football Coaches Association. The Football Coaching Bible. Human Kinetics, 2002.
- B. Trimble, Allan. Coaching Football Successfully. Human Kinetics, 2005.
- C. Browning, Earl, Ed. The Ultimate Football Coaching Manual: By the Experts, Coaches Choice Books, 2003.

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS:**

- A. Quality shoes