Theory and Practice of Football

Course Design
2018-2019

Course Information

Division: Health & Physical Education
Course Number: HPE 163
Title: Theory and Practice of Football
Credits: 2
Developed by: Jim Bagnall
Lecture/Lab Ratio: 2 Lecture/0 Lab
Transfer Status:

<table>
<thead>
<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non Transferable</td>
<td>HS Departmental</td>
<td>PE Dept. Elective</td>
</tr>
<tr>
<td></td>
<td>Elective</td>
<td></td>
</tr>
</tbody>
</table>

Activity Course: Yes
CIP Code: 13.1314
Assessment Mode: Pre/Post Test (20 Questions/20 Points)
Semester Taught: Upon Request
GE Category: AAS degree only
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No
Diversity and Inclusion Course: No

Prerequisites
None

Educational Value
Students interested in coaching or learning more about the techniques and history of football.

Description
A study of the fundamental techniques of team play, game strategy, rules, coaching principles, and organizational methods.

Supplies
Spiral notebook or binder with lined paper, writing utensil.
Competencies and Performance Standards

1. Explain the rules governing the game allowing for good understanding and good sportsmanship.

   Learning objectives
   
   What you will learn as you master the competency:
   
a. Discuss rules for offensive play.
   
b. Discuss rules for defensive play.
   
c. Discuss rules for special teams play.

   Performance Standards
   
   Competence will be demonstrated:
   
o by completion of written exam governing the rules of the game 80% proficiency

   Performance will be satisfactory when:
   
o learner explains rules pertaining to offensive play
   
o learner explains rules pertaining to defensive play
   
o learner explains rules pertaining to special teams play

2. Explain the fundamentals of the game needed to improve game performance and compete successfully.

   Learning objectives
   
   What you will learn as you master the competency:
   
a. Identify pass rushing and pass coverage skills including man-to-man and zone coverage.
   
b. Discuss tackling skills including footwork and contact points.
   
c. Identify proper receiving techniques including the mechanics of routes and catching the football.
   
d. Discuss proper running skills including ball handling and cuts.
   
e. Examine proper and effective passing techniques including the mechanics of the footwork and action.

   Performance Standards
   
   Competence will be demonstrated:
   
o by completion of written exam governing the fundamentals of the game that are needed to improve performance with at least 80% proficiency

   Performance will be satisfactory when:
   
o learner explains pass rushing skills and pass coverage skills including man-to-man and zone coverage
   
o learner explains tackling skills including footwork and contact points
   
o learner explains proper receiving techniques including the mechanics of routes and catching the football
   
o learner explains proper running skills including ball handling and cuts
   
o learner explains proper and effective passing techniques including the mechanics of footwork and action
3. Explain and defend team strategies of the game needed to improve performance of team play.

**Learning objectives**

What you will learn as you master the competency:

a. Describe basic defensive front including the college 4-3, pro 4-3, 5-2 defense, and reduce defense.

b. Discuss basic defensive stunts and games including spark, stab, bank mat/tom, nut/nut switch, and end/end.

c. Identify basic defensive coverage including V-2 zone, V-3 zone, V-4 zone, CV-11 man, man-free, and man under two deep.

d. Discuss basic offensive passing plays including screen, plays short patterns, medium patterns, and deep patterns.

**Performance Standards**

Competence will be demonstrated:

- by completion of written exam

Performance will be satisfactory when:

- learner explains basic defensive fronts including the college 4-3, pro 4-3, 5-2 defense, and reduce defense

- learner explains basic defensive stunts and games including spark, stab, bank mat/tom, nut/nut switch, and end/end

- learner explains basic defensive coverage including V-2 zone, V-3 zone, V-4 zone, CV-11 man, man-free, and man-under two deep

- learner explains basic offensive passing plays including screen plays short patterns, medium patterns, and deep patterns

4. Explain basic coaching principles useful for future involvement in the game.

**Learning objectives**

What you will learn as you master the competency:

a. Discuss offensive strategies.

b. Discuss defensive strategies.

**Performance Standards**

Competence will be demonstrated:

- by completion of written exam with 80% proficiency

Performance will be satisfactory when:

- learner analyzes offensive strategies

- learner analyzes defensive strategies

5. Explain organizational methods useful for future involvement in the game.

**Learning objectives**

What you will learn as you master the competency:

a. Compile daily, weekly, pre-season, and in-season practice plans.

**Performance Standards**

Competence will be demonstrated:

- by completion of written practice plans
Performance will be satisfactory when:

- by completion of written exam with 80% proficiency

Types of Instruction

Lecture, Video Presentation, Classroom Demonstration

Grading Information

Grading Rationale

Weights given to quizzes, exams, and other methods of evaluation are as follows:

1. Pre/Post Test 20%
2. Exams and Quizzes 30%
3. Attendance 50%

Grading Scale

A 90%-100%
B 80%-89%
C 70%-79%
D 60%-69%
F Below 60%