

EASTERN ARIZONA COLLEGE

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

ASU	NAU	UA
Non Transferable	HS Departmental Elective	PE Dept. Elective

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 game 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:

- o by completion of written exam

Performance will be satisfactory when:

- o learner explains basic defensive fronts including the college 4-3, pro 4-3, 5-2 defense, and reduce defense
- o learner explains basic defensive stunts and games including spark, stab, bank mat/tom, nut/nut switch, and end/end
- o 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
- o 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:

- o by completion of written exam with 80% proficiency

Performance will be satisfactory when:

- o learner analyzes offensive strategies
- o 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:

- o by completion of written practice plans

- by completion of written exam with 80% proficiency
- Performance will be satisfactory when:*
- learner develops daily, weekly, pre-season and in-season practice plans

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:

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|----|-------------------|-----|
| 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% |